

Miso Soup

Any type of miso, found in the health food aisle or asian market. It is quite salty so adjust as you like. Usually eaten with plain rice

4 cups water/clear broth
a few slices of ginger
dried kelp (opt.)

Bring to boil

Thin slices ½ onion
Other vegetables (opt.)

Add to broth and simmer until cooked. Turn off heat

~ 2 Tbsp Miso (any kind)

Add miso by pressing through strainer until it is completely mixed

Opt : tofu, green onions

Add to miso soup

Vegetable Stir Fry Vermicelli (Rice Noodles/Rice Sticks)

Fresh noodles are tops but dried ones are easy to find in markets. This recipe was taught by my mom and it's a bit of a guessing game so customize as you wish!

1 package dry **Vermicelli**
(~400g,450g)

Soak in water about 30mins then strain in colander

2 cups water
3 tbsp soy sauce
2 tbsp sesame oil
1 tbsp sugar

Sauce - Mix ingredients together

Thin slices of ginger
Thin slices of garlic
Slices of an onion

Stir fry in a wok or a large saucepan with a generous amount of oil

Julienne 2 carrots,
2 celery sticks, or
other hard vegetables

Add to wok/pan and stir fry for a few minutes

Add wet **Vermicelli** and **Sauce** to vegetables.
Cover and let cook ~5 mins.
Stir occasionally to prevent bottom sticking.

Optional easy to cook
Vegetables (ie. zucchini,
bok choy, peppers,
sprouts)

Add in other vegetables if you choose.

When noodles are soft, turn off heat.