



Asian Ramen Soup with Soy Marinated Eggs

Easy flavored-filled soup with umami ramen noodles, veggies, and eggs

Soy Marinated Eggs:

6 eggs
3 crushed garlic cloves
1/4 to 1/2 teaspoon red pepper flakes
1/2 cup lower sodium or original soy sauce
2 Tablespoons maple syrup
1-1/2 Tablespoons rice vinegar
2 cups water

Miso Ramen Noodle Soup

2 teaspoons (each) sesame oil; avocado oil
1 cup minced onion
4 cloves garlic, minced
1-1/2 Tablespoons grated fresh ginger
6 cups chicken or vegetable broth
2 cups water
1/2 teaspoon fresh black pepper

5 Tablespoons white miso paste
2 large carrots, peeled, sliced
6 ounces mixed wild mushrooms, stems removed, sliced
14 ounces firm tofu, drained, cubed
12 ounces frozen green peas
8 ounces ramen noodles
4 to 5 green onions, sliced
1/3 cup coarse chopped fresh cilantro
Freshly grated black pepper as desired
Garnish: Toasted sesame seeds as desired

Prepare Marinated Eggs:

Cook Eggs: Carefully place your eggs in a steamer basket, cover the pot, and steam for about 12 minutes for a hard-boiled eggs or if desired, about 7 minutes for soft boiled. Using slotted spoon, place eggs in bowl of ice water; let cool about 2 minutes; To make peeling the eggs easier, crack hard boiled eggs on countertop; then place in ice water about 3 to 5 minutes. Hard boiled eggs peel easier.

Prepare Soy Marinade: In a small saucepan, combine garlic, red pepper flakes, soy sauce, maple syrup, rice vinegar, and water; bring to a simmer; cook for 5 minutes. Pour marinade over eggs; let sit for at least several hours or overnight. For a more pronounced flavor, use original soy sauce and marinate for a longer time.

Asian Ramen Soup:

Prepare Miso Broth: In a large soup pot, heat sesame and avocado oil over medium high heat. Add onion; sauté to soften; add garlic and ginger; sauté for about 2 minutes. Stir in broth, water, black pepper, and miso paste until miso paste is dissolved.

Add Vegetables: Add carrots; cook partially covered for about 5 minutes; uncover; add mushrooms, cook on low heat for 3 minutes; add tofu and green peas; cook until hot and vegetables are tender.

Cook Noodles: In a separate pot of water, cook noodles according to package instructions, usually about 3 minutes. Drain noodles; add to soup.

To Serve: Combine green onions and cilantro in small bowl. Remove eggs from marinade; cut marinated eggs in half. Ladle soup into bowls; sprinkle top with combined onions and cilantro; arrange 1 to 2 egg halves in each bowl; season lightly with black pepper; sprinkle with toasted sesame seeds.

Yield: about 6 to 8 bowls.

Recipe for Marinated Eggs <https://guelphfamilyhealthstudy.com/wp-content/uploads/2021/11/Plant-Based-Proteins-Made-Easy-Peasy-Nov-2021-Web.pdf>

About the Recipe: Make the soup plant-based or use a chicken broth. The miso soup is filled with umami flavor and healthy ingredients. Prepare the marinated eggs ahead of time and chill in the refrigerator. They are a wonderful, surprising ingredient. The recipe is a delicious blend of sweet, savory, and salty.