

SPRING GREENS BROTH W/ SOBA NOODLES

Recipe by: Lindsey Love | Dolly and Oatmeal

this is a kind of recipe where you could really use any hearty greens you like for the broth (kale, arugula, collard greens, etc.). similarly, you could add any toppings that you have on hand here: zucchini noodles, carrot ribbons, cooked beans or lentils, or i could see a roasted or grilled piece of salmon or any type of white fish plopped right in the broth or served alongside.

| makes roughly 4 servings |

- 3 cups bone broth, or vegetable broth
- 2 tablespoons olive oil
- 2 leeks, white and light green parts sliced thin
- 2 garlic cloves, minced
- 3 cups greens, (i used swiss chard)
- 1/2 cup cilantro
- 1 1/2 tablespoons gluten-free miso, like chickpea or brown rice miso
- 1-2 teaspoons gluten-free tamari
- 1/2 small lemon, juiced
- salt & fresh ground pepper
- 1 package 100% buckwheat soba noodles

to serve (optional):

- steamed broccoli rabe
- sauteed snap peas
- thinly sliced radish
- sliced green onion
- toasted sesame seeds

METHOD

1. place the bone broth in a large soup pot over medium heat and bring it to a simmer.
2. while the broth is simmering, heat 1 tablespoon oil in a saute pan over medium heat. add the leeks, and stir. cook until soft, about 2-3 minutes. add the garlic, and stir. cook until fragrant, about 45 seconds. remove from heat. (keep the pan around, you're going to use it later to cook your veggies.)
3. to the container of an upright blender (preferably high-speed), add the broth, leek and garlic mixture, chard (or whatever greens you are using), and cilantro. cover the container with the top and let the ingredients sit for about 10 minutes, letting the greens soften and wilt a bit. then, blend on high for about 1 minute, until everything

is broken down and blended. add the miso, tamari, and lemon juice and whiz everything again. taste and adjust any seasonings, and add salt and pepper to taste. (if you're not using a high-speed blender, and you don't have a smooth, broth-like consistency, you may want to strain the broth through a fine mesh sieve.)

4. return the green broth to the soup pot and bring to a simmer. turn heat down to low, and cover to keep warm while you prepare your soba noodles and veggies.
5. cook the noodles according the package's instructions. drain, and cool them under cold water to stop them from cooking.
6. divide the broth between bowls, add the soba noodles and whatever other toppings you like. serve hot.