

TOSHIKOSHI SOBA



INGREDIENTS:

- 4 oz dry soba noodles
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 3 packets stevia or sweetener of choice
- 2 tsp dashi stock
- 3 cups water
- 4 dumplings
- 1-2 chopped scallions

DIRECTIONS:

1. Add water, dashi stock, stevia, soy sauce, and rice vinegar to a medium pot. Slowly heat to a boil (medium-low heat)
 2. Prepare soba noodles in a separate pot according to package instructions
 3. Split the broth in two bowls and add cooked soba noodles
 4. Add dumplings, scallions, and optional sesame seeds
- Enjoy!

Makes 2 serving | 1 Serving =
Calories: 328 | Protein: 14 g | Carb: 68 g | Fat: 1 g | Fiber: 2 g