It's Liv B

MISO NOODLE SOUP (Liv Bierman) (adapted)



Crispy Sesame Tofu:

1/2 block firm tofu
2 tbsp corn starch
1 tsp sesame seeds



Miso broth:

2 tbsp sherry or white wine, more as needed
2 cloves garlic, minced
1 inch knob of fresh ginger, minced
1 small carrot, thinly sliced
5 mushrooms, sliced
2 tsp miso paste
4 cups water or low-sodium vegetable broth
4 oz soba noodles
1 head Shanghai baby bok choy, chopped
Optional: soy sauce, seaweed, fresh herbs



To make the tofu: Preheat oven to 350F degrees. Cut the tofu in strips or cubes. Dredge the tofu in the cornstarch and sesame seeds. Place on a nonstick or lightly oiled baking sheet. Bake 25 minutes, using a spatula to turn the strips or cubes about halfway through at 12 minutes. Remove from baking sheet and set aside.



To make the miso broth: In a pot on medium heat, add the sherry, garlic, and ginger. Sauté a few minutes until fragrant. Add the carrot and mushrooms and cook a few more minutes, then add the bok choy and any other veggies you like.

Add the broth and miso, whisk to combine. Bring to a simmer. Add noodles, let simmer until cooked. Taste and add a splash soy sauce, some seaweed or any other seasonings you like.

Serve soup into bowls, add the tofu and enjoy immediately.

It's Liv B is run by Liv Biermann and Greg Bellefontaine, a married couple. They want to "help people fall in love with vegan food!" The recipes are all plant-based, with a "mix of comfort & more health conscious recipes." Many of the recipes use oil or processed ingredients but can be adapted.

Liv B. from plant-based comfort food to everyday classics