

Quick Asian-Inspired Meal Soup



Here's a hearty soup inspired by Asian flavors, perfect for cold days and quick meals. Rich in protein thanks to edamame and Nordic shrimp, it's nourishing, comforting, and easy to prepare. A great way to add variety to your dinners while maintaining a balanced diet. For other comforting recipes, explore our [Healthy Leek Soup](#) or our [Chicken Pho Soup](#), both approved by our registered dietitians.

Preparation 15 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 425

Fat 18

Carbohydrates 42

Fibre 7

Protein 24

Sodium 690

Ingredients

- 5 ml (1 tsp) toasted sesame oil
- 1 small yellow onion, chopped
- 1 garlic clove, finely chopped

- 22 ml (1½ tbsp) miso paste
- 30 ml (2 tbsp) reduced-sodium soy sauce
- 30 ml (2 tbsp) natural peanut butter
- 2 medium carrots, cubed
- 4 to 5 white mushrooms, sliced
- 1 zucchini, cubed
- 1 bell pepper, cubed
- 250 ml (1 cup) frozen edamame, thawed
- 1 L (4 cups) water
- 1 can (400 ml / 14 oz) light coconut milk
- 140 g (2 nests) dry ramen noodles made with millet and brown rice (e.g., Lotus Foods)
- 200 g (7 oz) cooked northern shrimp (or other cooked protein of your choice)

Preparation

1. In a large pot, heat sesame oil over medium heat.
2. Add onion, garlic, and ginger. Cook for 2 to 3 minutes, stirring.
3. Stir in miso paste, soy sauce, peanut butter and carrots. Cook for 5 minutes.
4. Add mushrooms, zucchini, bell pepper, edamame and water. Bring to a boil, reduce heat and simmer for 10 minutes.
5. Add coconut milk and noodles*. Cook for 3 to 5 minutes, or until noodles are tender.
6. Add shrimp and heat for 1 minute.
7. Taste, adjust seasoning if needed and serve immediately.

Notes

Keeps for 5 days in the refrigerator in an airtight container.

You can use any vegetables on hand, as long as you have about 4 cups total.

*If preparing the soup in advance, cook the noodles separately just before serving to prevent them from becoming overly soft.



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