

RAMEN IN MISO BROTH WITH TOFU AND VEGGIES

See Ingredients for Meals for information on drying your own miso for this meal, quick cooking ramen and where to find it, information on dried tofu, and dried pea pods.

AT HOME:

Bag 1:

2 - 4 oz ramen or other quick cooking Asian noodle (depending on how big of a meal you want)

1 Tbsp home dried miso or 1 miso broth cube

Beef or chicken or Pho bouillon, enough to make about 3 cups of broth

⅓ C freeze dried tofu (optional)

⅓ c dehydrated pea pods (a small handful)

1 heaping tsp wakame (buy the cut wakame in small pieces or chop a whole piece)

1-2 tbsp FD green onion

⅓ Cup cabbage (if dehydrated, use the flakes - if FD bigger pieces OK)

1 Tbsp dehydrated shredded carrot

¼ Cup dried shitake pieces

ON TRAIL:

Break up ramen and put everything in cozy, add 2-3 cups boiling water (depending on how brothy you like your ramen and how many noodles you used) to almost fill the cozy.

Remember, if you use miso or bouillon cubes, fish them out of the bag, unwrap, and put them in with the water when you bring it to a boil. Make sure they dissolve.

Let sit 10 min. (maybe longer, depending on which noodle you use)