

# Make-Ahead Mason Jar Miso Soup

Servings : 1 (over the course of five days)

Serving size: One jar of soup

## Ingredients:

- 5 tbsp miso paste
- 5 tbsp liquid aminos
- 5 tbsp chili oil
- 2 ½ tsp garlic, diced
- \*2 ½ cup carrots, julienne
- \*2 ½ spinach, chopped
- Five blocks rice vermicelli (rice noodles)
- 2 tbsp sesame seeds
- Water, boiled
- 5 mason jars

\*these can be substituted for any preferred vegetable

## Directions:

In each jar add ½ tbsp of miso paste, 1 tbsp of liquid aminos, 1 tbsp of chili oil, 1 tsp garlic, ½ cup of carrots, ½ cup of spinach, 1 block of rice vermicelli, and a sprinkle of sesame seeds. Close the jar and refrigerate to store. When you're ready to eat, pour boiling water in the jar, shake, and let it sit for 10-15 minutes. Enjoy!

Note - The jar soups can be customized for each day