

EDEN MISO is made using time-honored methods handed down through more than 10,000 years. Organic soybeans and grain are cleaned, steamed, inoculated with koji, salted and aged in large 200 year old wood kegs while under pressure from tons of river stones. A powerful superfood is created over time, under pressure, by microbes through seasonal changes. Miso made this way is very rare today. This is truly exceptional, authentic miso.

Easily Absorbed Food Energy - In miso fermentation, bean and grain proteins become simple amino acids while their complex carbohydrates become simple sugars. Beneficial enzymes, vitamins, and phytonutrients are created in the same process. They enhance the potency of this readily absorbed superfood. Miso is comforting and soothing. Its balanced nourishment provides a noticeable satisfaction while it strengthens us. EDEN Miso is five times higher in protective isoflavones than unfermented soy food. Decades of studies have shown miso to have protective benefits, particularly in promoting digestive and immune system health. Sought after values of miso result from traditional fermentation that we exclusively require.

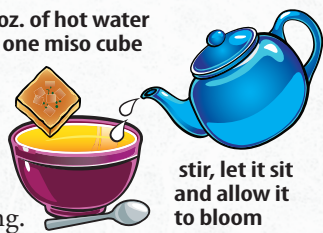
Freeze-Dried Miso Soup Cubes

Add **8 oz.** of hot water to a handmade Instant EDEN Miso Soup cube made of organic, traditional miso soup ingredients, and true macrobiotic quality miso. Freeze-drying captures and protects the soup's subtleties and inherent values. Only water is slowly removed. Organic tofu, kuzu, and green onions with EDEN wakame flakes add flavors, texture, and nutritional values that deliver certain satisfaction.

EDEN Instant Miso Soup is tested gluten and GMO free by Eden Foods. They have zero chemical additives and zero untoward ingredients. Strengthening & Soothing.

Quick, Soothing Soup

8 oz. of hot water
+ one miso cube



stir, let it sit
and allow it
to bloom

WHITE MISO INSTANT SOUP

A sweeter, milder miso soup made from organic rice and Non-GMO organic soybeans, organic kuzu, silky organic tofu, and organic green onion. The mellow, pleasing flavor of this White Miso Soup goes well with any meal.

EDEN Miso Soup is handy and rewarding. It makes it easy to have the potent benefit of miso soup readily at hand. The flavor is spectacular. Just add 8 oz. hot water, stir, allow it to sit a moment, and enjoy its handmade soothing calm.

Four, 8 gram freeze-dried miso cubes per box, 10 boxes per case. Gluten Free.



RED MISO INSTANT SOUP

A blend of organic red and organic hacho miso center this miso soup's fresh, rich flavor. Organic kuzu, EDEN instant wakame flakes, and organic green onion enhance the miso, and your life.

Freeze-drying is by far the best way to protect miso and other fermented foods' subtle delicacies and flavor. Enjoy the beneficial, soothing richness of a high quality Instant EDEN Miso Soup. It will make for a brighter day and a happier you.

Bracing, energizing, and so delicious, these two Miso Soups are perfect for a quick morning, lunch at the office, school, home, or when traveling. Handy, single serve miso soup cubes can be with you anywhere.

Four, 8 gram instant cubes / box.



EDEN MISO - Appreciation of fermented, traditional soybean miso as a comforting, protective, and powerful superfood is growing. To strengthen and improve health, quality of life, and longevity, miso is a superbly wise food. Miso enhances well-being and frame of mind. EDEN Misos are the result of Japanese artisan methods. EDEN selected ingredients, organic, non-GMO whole soybeans and grain are all tested radionuclide free and skillfully prepared.

Koji Aspergillus oryzae fermented - Pure and Purifying.™

SHIRO MISO

The sweetest, lightest, and lowest sodium miso is a.k.a. Kyoto miso. 'Shiro' means white. Organic whole soybeans and white rice mixed with koji are fermented for two months. Mellow sweet flavor and a light creaminess make it best suited for summer fare and warmer climates. For soup, sauces, dips, spreads, and marinades.

GENMAI MISO

Smooth and slightly sweet, this golden paste of whole organic soybeans and organic brown rice was koji fermented for 10 months. 'Genmai' means brown rice. This is excellent all-purpose miso well suited for everyday use in any recipe that calls for miso. It is an ideal miso for making miso soup.

MUGI MISO

A versatile, hearty miso of whole organic soybeans and organic barley, koji fermented in cedar kegs for 18 months. 'Mugi' means barley. A deep full flavor and enticing aroma make it ideal for year-round purposes. Excellent for soups, stews, sauces, gravies, spreads, dips, and even desserts.

HACHO MISO

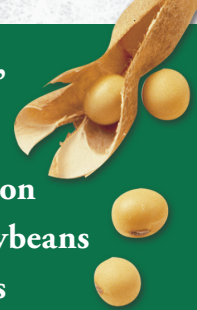
The heartiest, richest miso. Organic Eden whole soybeans and 'hacho koji' are aged for three years in cedar kegs. The Emperor's miso. Deep color and smooth warming flavors make it ideal in winter. Hacho koji is native to the area where it is made. This maker has made Hacho Miso for over 600 years.



reclosable standing pouch

Ⓢ pareve • no synthetic enzymes

- Comforting, soothing, bracing, - delicious miso satisfaction
- Artisan crafted - koji unlocks and enhances soy in fermentation
- U.S.A. family organic whole soybeans
- Efficacious biotics and enzymes
- Eden organic, confirmed Non-GMO, & absolutely no chemical additives



MISO SOUP - w/ VEGETABLES

Serves 4 Prep 5 minutes
Cooks in 15 minutes

- 4 cups water
- ½ cup EDEN Sliced Shiitake Mushrooms
- ½ cup onion, sliced
- ½ cup julienne carrots
- 1 tsp EDEN Wakame Flakes
- 2 Tbsp EDEN Mugi Miso, puréed with 2 Tbsp water
- ½ cup Chinese cabbage, chopped
- ½ cup organic tofu, cubed
- ¼ cup scallions, thinly sliced

Place the water and shiitake in a medium saucepan, cover and bring to a boil. Reduce the heat to medium low and simmer about 10 minutes. Add onions and carrots and simmer 3 minutes. Reduce the heat to low and add the wakame, Chinese cabbage, tofu and puréed miso. Simmer without boiling for 2 to 3 minutes. Ladle into serving bowls and garnish with scallions.

EDEN Hacho, Genmai, or Shiro Miso may be substituted for Mugi. You may need just slightly more miso, ½ tsp, if using one of these.



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GREEN BEANS IN SPICY MISO SAUCE

Serves 2 Prep 10 minutes
Cooks in 10 minutes

- ½ tsp EDEN Hot Pepper Sesame Oil
- ¾ tsp EDEN Toasted Sesame Oil
- 1 clove garlic, minced or pressed
- ½ cup onion, thinly sliced
- 2 cups green beans, trim ends
- 1 Tbsp EDEN Shiro Miso
- 1 tsp organic maple syrup
- 1½ tsp EDEN Mirin
- 2 tsp EDEN Kuzu Root Starch, dissolve in 3 tsp cold water

In a large skillet, heat oils and sauté garlic and onions for 5 minutes or until translucent. Add green beans and sauté 5 minutes. Dilute miso with 2 tbsp cold water. Mix miso, syrup, mirin, and kuzu together. Add to the hot vegetables, stirring constantly for about 1 minute until thick. Serve as a side dish or use as a topping for noodles or cooked grain.



MISO ALMOND ORANGE DRESSING

Serves 8 Prep 10 minutes

- 2 tsp EDEN Genmai Miso
- 1 tsp EDEN Shiro Miso
- ¼ cup organic almond butter
- ½ cup water
- ¼ cup orange juice
- 1 Tbsp parsley, chopped
- 1 Tbsp scallions, chopped
- 1 tsp any EDEN Mustard
- 1 tsp EDEN Brown Rice Vinegar

Place all ingredients into a blender and pulse for several seconds until smooth and creamy. Pour into a serving bowl. Miso dressing is great on fresh salad, steamed vegetables or noodles.



MISO TAHINI SPREAD

Serves 4 Prep 5 minutes
Cooks in 5 minutes

- 2 tsp EDEN Mugi Miso
- ⅓ cup water
- 5 Tbsp organic tahini (sesame butter)
- ¼ cup green onion, chopped

Heat a skillet. Add miso, water, and tahini. Mix thoroughly. Sauté 2 minutes. Mix in green onions and sauté another 2 minutes. Put it on whole grain breads, crostini, and crackers. It makes a fine sandwich core as a spread. It is a superb dip for raw or steamed vegetables and finger foods.

EDEN Genmai, Shiro Miso, or Hacho misos may be substituted for Mugi. Adjust the amount of miso and water to get the consistency and flavor you want.



BAKED STUFFED APPLES

Serves 8 Prep 10 minutes
Cooks in 40 minutes

- ½ cup organic tahini
- 2 tsp EDEN Genmai Miso or EDEN Shiro Miso
- ¼ cup organic seedless raisins
- ¼ cup walnuts, chopped
- 8 baking apples, remove core, do not peel
- 1 cup EDEN Apple Juice

Preheat the oven to 375°F. In a small bowl mix together the tahini, miso, raisins, and walnuts. With a knife, make a very shallow slit in the skin of each apple all the way around the middle to prevent splitting during cooking.

Stuff each apple with the tahini mixture. Place in a baking dish and pour the juice in the pan. Cover and bake for 35 to 40 minutes or until tender. Baking time may vary depending on apple variety and size. Remove and serve.

The stuffed apples may be steamed until tender instead of baked, if desired.



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MISO



EDEN FOODS