

Instant Miso SOUP

Red Miso Soup

An all-organic soup blend of mugi & hacho miso, kuzu root, wakame, and scallions. Soothing and strengthening miso soup.

Handmade miso soup freeze-dried to protect nutrients and taste.

Traditional miso soup that tastes as it should, centers and nourishes.



White Miso Soup

Mild, sweeter, all-organic miso soup of rice and non-GMO soybean miso with kuzu, silky tofu, and scallions.

Pure, handmade, easy to have at hand, quick to make, and delicious. For convenience, traveling,

at school or work. Four individual soup cube packets per box. Gluten free non-GMO



EDEN FOODS.

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Information & Recipes
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EDEN Miso

Traditional miso, very rare, is strengthening comfort. A delicious, versatile superfood that protects us. Authentic miso improves quality of life while it enlivens and braces.

Miso's ingredients are transformed through fermentation preparing them for easy assimilation. The traditional miso making process is at least 10,000 years old. Whole soybeans and grain are cooked, inoculated with a *koji* starter culture, salted, and then aged in kegs under tons of river stone pressure. Japan's folklore holds that knowledge of this fermentation process was a gift imparted to humanity during the age of the gods. EDEN Misos are made of real organic, non-GMO ingredients and have five times more protective isoflavones than unfermented soy food.

In miso fermentation, bean and grain protein is broken down to amino acids, complex carbohydrates become simple sugars, with beneficial phytonutrients and antioxidants being created in the process.

Tested in Japan and the USA to be radionuclide free.

EDEN Miso promotes all around robust health.



Basic Miso Soup



2 to 3" pieces of EDEN Wakame ~or~
1 teaspoon EDEN Wakame Flakes

4 cups water

$\frac{2}{3}$ cup onion, thinly sliced

$\frac{1}{2}$ cup carrots, thinly sliced

2 Tbsp EDEN Genmai Miso, puréed in 2 T. water or to taste

$\frac{1}{4}$ cup green onions, finely sliced

Rinse wakame, soak in cold water to cover for 5 minutes and dice, or add flakes directly, no soaking required. Bring water to a boil and add wakame, onion and carrots. Simmer 5 to 7 minutes. Reduce flame to low. Add puréed miso and simmer without boiling for 2 minutes. Serve garnished with green onions.

Additional ingredient options are tofu, shiitake, maitake, leafy greens, daikon, lotus root, leeks, round or root vegetables, cooked noodles, or EDEN mochi as a dumpling.

EDEN Hacho, Mugi, or Shiro Misos are ideal alternatives to the Genmai Miso. Add more miso (about $\frac{1}{2}$ teaspoon or to taste) when expanding the recipe ingredients used.

Miso



REAL ORGANIC

GENMAI

EDEN Genmai, Brown Rice, Miso is smooth, golden miso with a super delicious taste. It is whole soybeans and short grain brown rice koji fermented. An all purpose miso, well suited to everyday and all season use. It makes excellent miso soup with EDEN Wakame Flakes. Soothing nourishment, protective isoflavones, healthy fatty acids, and digestive benefits.



Reclosable Spout Pouch

SHIRO

Sweet richness, light, low-sodium miso made of whole, real organic soybeans and white rice, koji fermented for two months. Its character make it appealing in warmer areas. Ideal for summer soups, sauces, dips, spreads, and marinades. This style of miso is very versatile.



Reclosable Standing Pouch

HACHO

The Emperor's hacho (hatcho) miso. It is hearty miso, made only of soybeans at the same location for the past 650 years. EDEN whole organic soybeans are koji fermented for three years in kegs. Hacho miso is uniquely valued for its deeply warming qualities. It is a welcome addition during winter.



Pure & Purifying™

Live MUGI MISO

Traditional Japanese artisan, unpasteurized miso. A one-way valve centered on the inner seal allows gas to escape. These long fermented misos are delicious, nourishing soy and grain miso pastes from the oldest miso company on Kyushu Island Japan. Low fat, easy to use, and in a recloseable tub.



® pareve