



15 MINUTE MISO SOUP

1 Serving

Calories: 84 Carbohydrates: 6g Protein: 6g Fat: 3.4g Fiber: 2g

INGREDIENTS

- **2 cups** vegetable broth (*I use dashi, which you can find in supermarkets or Asian stores.*)
- **3–4 Tbsp** white or yellow miso paste (*Some miso pastes include dashi; if that's the case, you don't need to buy extra.*)
- **1/2 cup** wakame seaweed or greens of your choice
- **1/4 cup** tofu (your preferred type)

***Dashi, Miso Paste, Wakame... you can find them in supermarkets or Asian stores.*

DIRECTIONS

1. Place the vegetable broth in a medium saucepan and bring it to a low simmer.
2. While the broth is heating, place the miso paste (start with the smaller amount) in a small bowl. Add a little hot water and whisk until smooth to prevent clumps when adding to the soup later. Set aside.
3. Add your greens of choice to the simmering broth (*if using wakame, add it at the end*), along with tofu (*if using silken tofu, also add it at the end*). Cook for about 5 minutes.
4. Remove from heat, stir in the miso mixture, and combine well.

It's simple, delicious, and packed with nutrients!