

# Mushroom Miso Soup

2 SERVINGS 25 MINUTES



## INGREDIENTS

3 cups Water  
1 cup Vegetable Broth  
1 1/2 cups Shiitake Mushrooms (sliced)  
6 ozs Tofu (drained, rinsed and cut into cubes)  
1 tsp Ginger  
1 tbsp Tamari  
3 tbsps Miso Paste  
2 cups Kale Leaves (roughly chopped)  
2 stalks Green Onion (optional, sliced)

## DIRECTIONS

- 01 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 02 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 03 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 04 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	199	Carbs	26g
Fat	7g	Protein	15g