

Miso Soup with Shiitake Mushrooms



Makes:

6 servings

Utensil:

5 Qt./4.7 L Roaster with Cover

Rate ☆☆☆☆☆

Recipe:

Contributed By:

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Physicians Committee for Responsible Medicine

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5 cups
vegetable broth
(1.2 l
g)

1 ounce
dried shiitake mushrooms
(28
g)

½ pound
firm tofu, cut into ¼-inch cubes
(227
g)

1 sheet
nori, cut into 1-inch squares (nori is dried edible seaweed)
2-3 teaspoon

fresh ginger, peeled and grated, use Cone #1
(10-15
mL)

2 cups
broccoli florets
(142
g)

1 cup
carrots, grated, use Cone #1
(142
g)

3-4 tablespoons
white miso
(45-60
g)

Directions:

1. Pour broth into roaster, bring to boil, then remove from heat.
2. Add mushrooms into roaster, cover, and let stand for 20 minutes or until the mushrooms have softened. Remove mushrooms from broth with slotted spoon. Cut off and discard stems. Thinly slice the caps and set aside.

3. Add to broth in roaster tofu, nori and ginger. Bring to simmer and cook for 3 minutes. Add mushrooms, broccoli and carrots. Cover and simmer for 1 minute, just until broccoli turns bright green.
4. Transfer 1 cup of the broth to a measuring cup and stir in miso with a fork until completely dissolved.
5. Pour dissolved miso back into the soup and stir until it is well incorporated. Serve hot.

Tips:

- Miso soup will keep up to 3 days in a covered container in the refrigerator.
- Do not boil soup after miso is added because high heat will destroy the beneficial enzymes in the miso.

Nutritional Information per

▼ Serving

Calories: 92
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 1167mg
Total 13g
Carbs:
Dietary Fiber: 3g
Sugar: 6g
Protein: 7g