

## Yin Yang Miso Soup



### Prep:

10 minutes

### Total:

25 minutes

### Makes:

8 full servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Roaster with Cover

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### Recipe:

### Contributed By:

Marni Wasserman  
Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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### Recipe Description:

You can learn more about Marni by visiting her Facebook and Twitter page, or [www.marniwasserman.com](http://www.marniwasserman.com)

- 1 medium onion, peeled and thinly sliced, use Cone #4
- 1/2 cup  
sweet miso paste
- (138  
g)
- 1/2 cup  
dark miso paste
- (138  
g)
- 1 small head of bok choy, chopped

### Directions:

1. In a roaster, combine 6 cups water, onions, carrots, mushrooms and wakame. Place temperature on medium heat. When Vapo-Valve™ clicks steadily, reduce heat to low and simmer uncovered for 30 minutes.
2. Mix together the miso and 1 cup of water. Add the miso mixture to the soup and heat through, being careful not to bring to a boil. Stir in the tofu cubes and bok choy, if desired.
3. Garnish with fresh scallions.

**Time:**

tips:

- Miso is so rich in minerals itself - but when combined with fresh vegetables it can be a sustaining, high energy soup that is extremely nourishing and satisfying. It is also high in protein and calcium. It can also be used as a base to any vegetarian soup.

Nutritional Information per

▼ Serving

**Calories:** 98

**Total Fat:** 3g

**Saturated Fat:** 0g

**Cholesterol:** 0mg

**Sodium:** 950mg

**Total** 13g

**Carbs:**

**Dietary Fiber:** 3g

**Sugar:** 4g

**Protein:** 7g

Analysis calculated with approximately 1/2 cup chopped wakame