

# Mighty Miso Soup – Vegan

Prep Time: 10 minutes  
Cook Time: 15 minutes  
Total Time: 25 minutes

Serving Size: 4  
Calories per serving: 82  
Fat per serving: 1 gram

*'How it all Vegan!', Tanya Barnard & Sarah Kramer. p-53.*

## Ingredients

- 3 1/2 cups water
- 1/2 cup medium or firm tofu, cubed
- 2 large shiitake mushrooms, chopped (or other mushrooms if not available)
- 3 tablespoons dried seaweed, chopped
- 2-3 heaping tablespoons miso paste (more or less to taste)
- 3 stalks green onions, chopped
- 3 tablespoons spinach, chopped (or kale, bok choy, or Swiss chard)

## Instructions

1. In a medium pot, add the water, tofu, mushrooms and dried seaweed and bring to a boil on medium-high heat.
2. Reduce heat and simmer for 5-8 minutes, until mushrooms are tender.
3. Remove from heat, stir in the miso, onions, and spinach and let sit for another 30 seconds.

## Notes

Nutrition facts (per serving): Calories: 82, from fat: 7, total fat: 1g, cholesterol: 0mg, sodium: 257mg, total carbohydrate: 10g, fiber: 0g, sugar: 1g, protein: 4g.