

Hearty vegetable and chicken miso soup

Ingredients

- 1 tablespoon sesame oil or neutral cooking oil
- 1 teaspoon ginger, grated or finely minced
- 1½ cups chopped cabbage
- 1 medium carrot, grated
- 6 cups water or low-sodium vegetable or chicken broth
- 1 cup mushrooms, sliced
- 1 small zucchini, cut in half lengthwise then sliced into half moons
- 1½ cups cooked chicken, shredded or diced or 1 14-ounce block of tofu, cut into cubes
- 2 tablespoons dried wakame (seaweed), rehydrated or ¼ cup sliced dry roasted nori seaweed (if using dry, add at the end)
- 3-4 tablespoons white or yellow miso paste
- Soy sauce or tamari, to taste
- 2 green onions, chopped (optional)
- Salt and pepper to taste



Nutritional information

Serves 4

Cost: \$12.85 total/\$3.21 per serving

Calories: 175 per serving

Directions

- Heat oil in a medium pot.
- Add ginger, cabbage and carrot. Cook just until cabbage begins to wilt.
- Add water or broth and mushrooms, simmer for 5–7 minutes.
- Add zucchini, cooked chicken or tofu and wakame, then simmer 5-8 more minutes until all vegetables are tender. Reduce heat to low.
- In a small bowl, mix miso paste with ½ cup of hot broth into a smooth slurry.
- Stir miso mixture into pot. Do not boil after adding miso as this destroys its beneficial bacteria and enzymes, diminishes flavor and aroma and makes it taste too salty and bitter.
- Add soy sauce or tamari, salt or pepper to taste.
- Serve hot, garnished with green onions and dried seaweed, if desired.