

Healthy Miso Soup

A lower-sodium version of the vegan staple that's packed with veggies
Sunny C



Ingredients

- 4 cups vegetable broth
- 2 cups + 4 $\frac{1}{2}$ tbs water, divided
- 4 $\frac{1}{2}$ tbs miso paste
- 1 $\frac{1}{2}$ teas kombu dashi
- 8 oz firm tofu, diced
- 2 cups dark leafy greens, chopped
- 1 cup mushrooms, sliced
- 1 cup bok choy, chopped
- $\frac{1}{2}$ bunch green onions, diced

Directions

1. Bring vegetable broth and 2 cups water to a gentle boil, then lower to a simmer.
2. Whisk together miso and 4 $\frac{1}{2}$ tbs hot water, then whisk into broth/water mixture.
3. Add kombu dashi and whisk.
4. Add vegetables and simmer 5 minutes.
5. Add tofu and simmer an additional 5 minutes.