



From the kitchen of:
Chef Julia Dunaway

Miso Soup with Tofu

Ingredients:

- 4 cups water
- 1 teaspoon takii (mushroom stock powder), optional
- 1 cup cooked vegetables (such as slivered snow peas, green beans, carrots, corn, sweet potato cubes, diced zucchini)
- 7 ounces soft tofu (1/2 block), cut into 1/3 inch cubes
- 3 tablespoons shiro miso (white) or a combination of red and white miso
- 2 scallions, white and green parts thinly sliced
- 1 tablespoon dried wakame, soaked in cold water for 2 minutes, then drained

Directions:

In a medium saucepan, bring water to a boil. Add the takii, if using. Add cooked vegetables of your choice. Reduce heat to a low simmer. In a small bowl, mix 3 tablespoons miso with ¼ cup of the heated stock from the pot. Add this mixture to the simmering stock and vegetables. Add the tofu, and cook for 30 seconds. Add the wakame and scallions, and cook for 30 seconds more. Remove the pot from the heat and divide equally into 4 soup bowls. Sprinkle shichimi togarashi, if desired. Serve with a bowl of brown rice and additional vegetables for a complete meal.