

Simple Miso Soup

By: Jaimie Mulligan Servings: 4 Time: 15 minutes Source: The Spruce Eats

Miso is rich in essential minerals and a good source of various B vitamins, vitamins E, K and folic acid. As a fermented food, miso provides the gut with beneficial bacteria that help us to stay healthy, vibrant and happy; good gut health is known to be linked to our overall mental and physical wellness.



Ingredients:

4 cups water
1 tablespoons nori (or wakame seaweed, shredded)
1/3 cup miso
3 green onions (a.k.a. scallions, chopped)
1/2 block firm tofu (cut into 1-inch cubes)
Optional: dash soy sauce

Directions

1. Gather your ingredients
2. Bring water to a slow simmer and add seaweed. Allow the seaweed to simmer for at least 5 to 6 minutes.
3. Reduce heat to very low and add the rest of the ingredients. Stir until miso is well dissolved. It's best not to boil the miso, as this will ruin some of its healthy properties as well as change the flavor of the soup.
4. That's it! Making miso soup is so easy because the fantastic flavor from the miso does all the work for you.
5. Enjoy your vegetarian and vegan miso soup.