

Miso and Tofu Soup (Very Easy to Make)

Serves 6

For all you vegetarians or anyone who wants a meat-free meal, this is an easy, one pot meal that's healthy for you. If you are on a sodium-restricted diet, you will need to use homemade broth. Otherwise, low-sodium canned broth is fine.

Miso is a naturally fermented paste made by combining cooked soy beans, salt, and often some other ingredient such as white or brown rice or barley. The color can range from a light yellow-brown to reddish brown to dark chocolate brown, and the flavor ranges from mildly salty and sweet to strong and very salty. It is packed with umami and protein, not to mention all sorts of nutrients.

Onion	1 yellow or Vidalia sliced very thin
Carrots	2 sliced or diced
Tofu- firm	1 block sliced into 1 cm (1/3-1/2 inch) cubes and drained well
Ginger	1 inch of fresh ginger is preferable. Powdered ginger 1 tsp is OK.
Low Sodium Soy Sauce	2 tbsp
Red or Yellow Miso	1/3 cup
Chicken or Vegetable Broth	3-4 cans (42-56 oz)
Rice Noodles	½ package or so
Snow peas or frozen peas	½ lb

After dicing and draining the tofu, leave it in its container. Grate the fresh ginger or sprinkle the powdered ginger over the tofu. Pour the soy sauce over the tofu.

In a 5 or 6 quart pot over medium to medium-high heat, add 2 tbsp canola or vegetable oil. Add the onion and then the carrot and stir for 3-4 minutes until the onion starts to brown slightly. Add the miso and immediately add ½ can of broth and stir. Reduce heat slightly and gradually add the rest of the broth. When the liquid simmers, add the noodles.

Add the tofu with the ginger and soy sauce. After 3 minutes, add the peas and simmer for another 2-3 minutes and serve.