



Mushroom & Bok Choy Miso Soup

4 servings
15 minutes

Ingredients

6 cups Water
1/3 cup Miso Paste (5-6 tbsp to taste)
1 1/2 cups Shiitake Mushrooms (sliced, optional)
4.8 kilograms Extra Firm Tofu (1 package, drained, rinsed and cut into cubes)
4 cups Bok Choy (1 bag, ends chopped off)
2 stalks Green Onion (optional, sliced)

Directions

- 1 Add the water to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms (if using). Cook for 4 to 5 minutes.
- 2 Add the tofu and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 3 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk (this prevents miso from clumping). Add the miso mixture to the pot and stir to combine. Add the bok choy and simmer for 1 minute more (until your preferred level of bok choy doneness) .
- 4 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

Notes

Mushroom Alternatives: White button mushrooms also boost your immune system, or try brown cremini, oyster, maitake, or any of your favourite varieties!

Soy Sensitivity?: Omit tofu. Add quinoa, lentils or chickpeas instead for that protein and texture punch!

Green Variety: Kale, swiss chard, napa cabbage, collard greens, watercress, spinach

Additional Toppings: Seaweed sheet (nori), sesame seeds, cilantro

Leftovers: Refrigerate in an airtight container for up to three days.