

Japanese Miso Soup with Tofu & Seaweed (Japan)

Category: Breakfast | Cuisine: Japanese

Prep Time: 10 mins | Cook Time: 15 mins | Total Time: 25 mins

Ingredients:

- 2 cups dashi broth
- 2 tbsp miso paste
- 1 block tofu, cubed
- 1 sheet nori (seaweed), cut into strips
- 2 green onions, chopped

Instructions:

1. Heat dashi broth in a saucepan.
2. Whisk in miso paste until dissolved.
3. Add tofu cubes and nori strips.
4. Top with chopped green onions and serve warm.

Nutrition Facts (per serving):

Nutrient	Amount
Calories	90 kcal
Protein	8 g
Carbohydrates	10 g
Fat	3 g
Fiber	2 g

Tips:

- ✓ Do not boil miso paste, as it reduces its probiotic benefits.
- ✓ Use silken tofu for a smoother texture.