

Japanese Onion Soup with Mushrooms

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-japanese-onion-soup-recipe>

Ingredients:

- 2 teaspoons grapeseed oil or other light vegetable oil
- 1 yellow onion or large white, diced
- 1 pinch sea salt and pepper
- 1/4 teaspoon ground ginger
- 2 garlic cloves minced or pressed
- 8 cups chicken broth unsalted
- 6 crimini mushrooms sliced thinly
- 2 teaspoons light miso
- 2 teaspoons tamari sauce
- sea salt
- pepper
- 2 sliced scallions for topping
- crispy fried onions either store-bought or homemade
- cucumber Julienned slices of fresh
- mung bean sprouts
- sea vegetables Toasted, such as nori krinkles
- 1 cube firm tofu
- seasoning Gomashio, toasted sesame seeds

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 13 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 12 grams
6. Sodium: 690 milligrams
7. Sugar: 2 grams

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