

# Nourishing Japanese Vegetable Soup

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 6 cups water
- 1/2 ounce dried mushrooms ; I use a forest blend with shiitake, oyster, and porcini
- 1/2 medium onion diced
- 2 cloves garlic minced
- 2 large carrots diced
- 2 stalks celery diced
- 1/2 bell pepper diced
- 3 leaves kale shard, or spinach to equal 1/2 cup chopped
- 1 inch fresh ginger piece, I usually keep fresh ginger on hand in the freezer
- 1/4 cup soy sauce
- 8 teaspoons miso paste

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 17 grams
3. Fat: 1 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. Sodium: 1390 milligrams
7. Sugar: 4 grams

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