

Tonjiru

Yield: 4 min
Total Time: 95 min

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

Ingredients:

- 1 pound pork belly cut into bite-size chunks
- 2 scallions white parts chopped, green parts thinly sliced
- 1 inch ginger piece, sliced into 8 coins
- 1/4 cup sake
- 6 cups water
- 4 kombu x3 inch piece
- 1 burdock root, about 160 grams
- 1 carrot large, cut into bit-size chunks
- 200 grams konnyaku cut into bite-size chunks
- 200 grams taro baby, peeled and cut in half
- 1/4 cup yellow miso to taste

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 75 milligrams
4. Fat: 54 grams
5. Fiber: 4 grams
6. Protein: 13 grams
7. SaturatedFat: 19 grams
8. Sodium: 630 milligrams
9. Sugar: 3 grams

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