

# Japanese Nettle Soup

Yield: 8 min

Total Time: 105 min

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

## Ingredients:

- 1 1/8 cups nettles stinging
- 3 dried shiitake mushrooms small, about 15 grams
- 2/3 pound small yellow potatoes diced
- 1 medium onion chopped
- 1 tablespoon vegetable oil
- 1 tablespoon mirin
- 3 kombu x5 inch piece
- 3 3/16 cups chinese cabbage ~1/4 head
- 3 tablespoons white miso
- 2 teaspoons tamari substitute soy sauce
- 2 teaspoons rice vinegar
- 1/2 cup white rice short grain
- cherry blossoms to garnish, optional
- mizuna to garnish, optional

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 16 grams
3. Fat: 2 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. Sodium: 350 milligrams
7. Sugar: 3 grams

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