

# Japanese Vegetable Miso Soup

Yield: 6 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/miso-soup-recipe-japanese-cooking-101>

## Ingredients:

- 2 cups tomatoes diced
- 1/4 cup sesame oil
- 1 leek sliced
- 1 1/2 cups shiitake mushrooms sliced
- 6 cups vegetable broth
- 2 tablespoons seaweed diced wakame, or other seaweed
- 1 package tofu silken, soft, cubed
- 1 tablespoon soy sauce
- 3 tablespoons miso
- 2 scallions green onions, sliced

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 11 grams
3. Fat: 10 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1420 milligrams
8. Sugar: 5 grams

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