

# Vegan Nabe or Hot Pot with Miso

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-greens-green-boy-recipe>

## Ingredients:

- 2 pieces kombu 15g, about 4 inches each
- 2 tablespoons white miso paste or shiro
- 1 tablespoon soy sauce
- 1 small carrot sliced
- 1 turnip sliced thinly
- 1 leek sliced
- 1 chilli pepper dried de-seeded, optional
- 1/2 napa cabbage chopped
- 1 handful greens Mizuna
- 4 shiitake mushrooms
- 1 handful enoki mushrooms
- 4 cups water 950ml
- salt to taste

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. Sodium: 870 milligrams
8. Sugar: 4 grams

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