

Loaded Miso Soup

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1 package firm tofu
- 4 tablespoons soy sauce
- 2 tablespoons sesame oil
- 2 teaspoons minced ginger
- 4 tablespoons sesame seed blend
- 2 tablespoons seasoned rice vinegar
- 8 ounces shiitake mushrooms
- 1 quart vegetable broth
- 1/2 teaspoon fish sauce
- 1 kohlrabi peeled and diced into small cubes, smaller than shown
- 1 soba noodles bundle
- 2 sheets nori
- 1 tablespoon miso paste
- 2 green onions some of the white and all of the green green parts chopped*

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 19 grams
3. Fat: 19 grams
4. Fiber: 7 grams
5. Protein: 19 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 2090 milligrams
8. Sugar: 5 grams

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