

# Japanese Vegetable Soup (Kenchinjiru)

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 1/2 firm tofu pack, /momen tofu, about 200g/7.1oz
- 7 1/4 tablespoons carrot thinly sliced to 3mm thick, note 1
- 5/8 cup daikon
- 3 millimeters pie
- 1 3/4 ounces shimeji mushrooms de-clustered to individual or a few tiny bunch of mushrooms
- 3 1/2 ounces taro peeled and cut into bite size pieces
- 4 3/8 ounces konnyaku 1/2 pack
- 2 1/8 cups boiling water
- 1 stem shallot /scallions, cut to 2.5cm/1" long
- 1 tablespoon sesame oil
- 1/2 tablespoon oil
- 3 3/8 cups dashi stock note 3
- 2 tablespoons soy sauce
- 2 tablespoons sake
- 1 pinch salt

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 860 milligrams
9. Sugar: 2 grams

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