

Japanese Miso Stew

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 tablespoon sesame oil *, adds depth and flavor, but use canola or peanut oil if you can't find it
- 3 tablespoons fresh ginger minced
- 3 cloves garlic sliced thin
- 1 onion chopped
- 2 carrots chopped
- 8 ounces mushrooms sliced
- 2 turnips or about 1 cup of daikon, chopped
- 5 1/2 cups vegetable broth
- 1/2 cup mirin or white wine, or an additional 1/2 cup of vegetable broth, if you prefer
- 8 ounces firm tofu drained well and diced into bite-sized cubes
- 1 head broccoli chopped, or 4 cups shredded cabbage
- 3 tablespoons white miso also known as shiro miso*
- asian noodles optional
- vermicelli optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 34 grams
3. Fat: 9 grams
4. Fiber: 10 grams
5. Protein: 18 grams
6. SaturatedFat: 1 grams
7. Sodium: 1900 milligrams
8. Sugar: 13 grams

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