

# Miso Vegetables & Tofu

Yield: 5 min  
Total Time: 30 min

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

## Ingredients:

- 6 ounces awase miso or blend or equal parts white & red miso
- 1/4 cup sake
- 1/2 cup mirin
- 3 tablespoons cane sugar sifted natural
- red pepper flakes or shichimi t?garashi, a big pinch or two
- 4 cups veggies bite-sized, see headnotes
- 12 ounces firm tofu baked or grilled, or lightly pan-fried, cut into bite-sized pieces

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 18 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 15 grams
6. SaturatedFat: 1 grams
7. Sodium: 15 milligrams
8. Sugar: 10 grams

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