Vegetable Miso Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

1 quart vegetable stock
2 tbs sesame oil
1 clove minced garlic
1 block of firm tofu
6 oz frozen Asian stir fry vegetable mix
5 tbs yellow vegetarian miso paste
1 tbs soy sauce
3 green onions
1/2 cup cilantro

Instructions

This super simple recipe only takes about 10 minutes to make and will feed everyone in your kitchen!

In a large pot, heat oil over medium heat and saute garlic for about 3 minutes. Add vegetable stock and about 14 oz of water, soy sauce, and bring to a simmer. Add the frozen vegetables and tofu and cook for about 4 minutes. Be sure that the mixture does not boil.

Add in the miso paste and heat for about 2 minutes. Serve topped with green onions and cilantro.