



Miso Soup

Level: Easy

Prep Time: 10 minutes

Serves: 5

Cook Time: 35 minutes

4 cups water

1 (0.175 oz.) packet bonito flavored seasoning (dashino-moto)

$\frac{1}{4}$ cup good quality red miso (soybean paste)



Optional:

$\frac{1}{2}$ (14 oz.) container firm tofu (block), cut into bite-sized cubes and drained

Sprinkle of cut wakame (dried seaweed)

Green onions, thinly sliced

1. In a large saucepan, bring water to a boil. Empty bonito packet in the boiling water. Add the red miso. Stir until miso is dissolved and all ingredients are combined. Lower heat and simmer for 10 minutes.
2. If adding tofu and/or cut wakame, add to the saucepan during the last 5 minutes of cooking.
3. If desired, garnish the top of each serving with green onions. Serve immediately while hot.

Notes:

- I use Shimaya Bonito Flavored Seasoning (Dashino-moto) and Kurano Kaori Red Miso.
- If adding wakame, you want to make sure you buy the "cut" wakame. The cut wakame are smaller pieces of dried seaweed.
- Once the dried cut wakame soaks in the soup, it will expand, so add only a little at a time. I use about $\frac{1}{2}$ tsp. or less for the entire saucepan. For individual bowls, I sprinkle in about 2 to 3 small pieces.