

Recipe

Miso Soup

By

Madhavi d.d.



Ingredients

½ package tofu of any type (silken is better)
2 tbsp miso paste*
4 cups water
¼ cup corn kernels
¼ cup green beans, cut into ¼" pieces
1 tbsp cilantro leaves

Preparation

In a saucepan over medium-high heat, bring the water and miso paste to a boil. Add corn, tofu, and green beans, (or any vegetables you like) and cook for 5 minutes. Garnish with cilantro leaves (or seaweed).

*** Miso paste varies in its taste. Some may be very salty and some may be sweet. If your miso paste is very salty, use less than 2 tbsp. Miso, known as bean paste, is a staple in Japanese cooking. This soup is actually served with rice, salad, and other items every morning in Japan (when I was young!)

Serves

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For further details please contact

madhavidedasi@gmail.com

www.iskcondesiretree.com

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Hare Rama Hare Rama Rama Rama Hare Hare