

Miso Soup

www.KikkomanUSA.com

Servings: 5

5 cups water

1 sheet nori, torn into pieces

1/4 cup hot water

5 tablespoons miso

cubed tofu (optional)

Preparation Time: 5 minutes

Cook Time: 2 hours 34 minutes

Bring five cups of water to a boil.

Turn off the heat. Add the torn bits of nori to the water.

Place the miso in a bowl. Add the hot water. Stir until a smooth paste forms.

Add the miso to the pot of water. Stir. Add tofu, if desired.

Per Serving (excluding unknown items): 35 Calories; 1g Fat (25.6% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 634mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fat.