

Choco Fever Dream

Loaded Miso Soup – Blue Zone Healthy Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Soup Base

- [ ] 4 cups low-sodium vegetable broth
- [ ] 2 tbsp white miso paste
- [ ] 1 tsp grated fresh ginger
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp maple syrup

Hearty Additions

- [ ] 200 g silken tofu, cubed
- [ ] 2 tbsp dried wakame seaweed, rehydrated
- [ ] 1 medium carrot, thinly sliced
- [ ] 2 scallions, sliced thin
- [ ] 1 tbsp sesame oil for finishing

Instructions

1. In a pot, bring the vegetable broth to a gentle simmer.
2. Add grated ginger, carrots, and rice vinegar; simmer for 5 minutes until carrots soften.
3. In a separate bowl, whisk miso paste with a ladle of hot broth until smooth; avoid boiling.
4. Stir the miso mixture back into the pot, then add tofu and wakame; heat gently for 2 minutes.
5. Season with maple syrup, and adjust salt with a splash of bone broth chicken soup soy sauce if needed.
6. Remove from heat, drizzle sesame oil, garnish with scallions, and serve hot.

Nutrition per serving

180 kcal	12 g	22 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not let the soup boil after adding miso to preserve its delicate flavor.
- Taste and adjust seasoning before serving; miso can vary in saltiness.
- For extra depth, add a splash of beef barley soup broth.