

Miso Soup with Mushrooms & Edamame

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Serves 4

Ingredients:

- 5 tbsp white miso paste
- Grapeseed oil spray
- 1 cup sliced mushrooms
- 1 cup frozen edamame, thawed
- 0.3 ounce package dry roasted seaweed, sliced
- 1 12 ounce package tofu, cut into 1 inch cubes
- Toppings: sesame seeds, soy sauce, sriracha, green onions, etc.



Directions:

1. In a small bowl, add miso paste to 1/4 cup water. Whisk until completely smooth and set aside.
2. Spray a large soup pot with grapeseed or coconut oil. Turn heat to medium. Add in your mushrooms and sauté for about 5 minutes. Then add in your tofu, edamame, seaweed, and miso paste. Mix in about 5 more cups of water. Continue to stir until it is heated through.
3. Then add your garnishments. Try mixing together different toppings, or add them all!