

# Ginger Miso Soup with Arame



## **INGREDIENTS** (Serves 4)

- 2 tablespoons sesame oil
- 1 cup diced onion
- ½ pound sliced button mushrooms
- 3 tablespoons fresh ginger, peeled and minced
- 1 vegetable bouillon cube, no salt
- 4 cups water
- 1 cup extra firm tofu, diced small
- ¼ cup arame seaweed, soaked and drained
- 2 or 3 tablespoons red miso
- 4 scallions, sliced

## **PREPARATION**

1. Take two large pinches of the arame seaweed and set aside to soak in a cup of fresh water for 5 minutes.
2. While the arame is soaking, gently heat the oil over medium in a 4-quart saucepan. When the oil is hot, add the onions and mushrooms and sauté 3 minutes. Add the ginger and sauté 2 minutes more.
3. Add the 4 cups of water, bring to a boil and add the bouillon cube. Simmer 5 minutes.
4. In a small bowl, dissolve the miso in some of the hot soup liquids, and add it, the tofu and the soaked, drained arame to the pot and simmer 5 minutes. Be careful not to boil the miso.

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## SHOPPING LIST

### Produce

- 1 onion
- 4 scallions
- 1 package button mushrooms
- Fresh ginger

### Refrigerated/Frozen

Tofu

### Grocery

- Sesame oil
- Vegetable bouillon
- Arame seaweed
- Miso

## SERVING SUGGESTION

Serve garnished with chopped scallions. This soup goes well with fried rice or spicy noodles.

## NUTRITIONAL INFORMATION

Per Serving: 167 calories, 11 g fat, 0 mg cholesterol, 10 g carbohydrates, 3 g dietary fiber, 10 g protein, 33 mg sodium

*The nutritional values and information provided are approximations.*

*This Rush Hour Recipe courtesy of:*

National Cooperative Grocers Association

