

# Tatsoi Miso Soup

*An easy and comforting soup that's full of protein and nutrients! Sub tatsoi with bok choy or any other greens!*

PREP TIME: 5 minutes

COOK TIME: 20 minutes

Makes 2 servings

*(vegan, gluten free, nut free)*

## INGREDIENTS

- ❑ 6 tsp miso paste
- ❑ 2 cups water
- ❑ 1 head tatsoi, bok choy, or other greens
- ❑ 14 oz tofu
- ❑ 1 cup frozen corn
- ❑ 1 cup frozen broccoli
- ❑ 1 Tbsp olive oil
- ❑ **Optional :** 1 tsp sesame seeds, ½ tsp garlic powder or sesame oil

## INSTRUCTIONS

1. In a pan heat the olive oil then add tofu cut into either fillets or cubes. Cook on each side until crispy. Remove from pan and set aside.
2. Put tatsoi, cut into 2 inch pieces, in the same pan and cook until wilted, stirring to keep from sticking.
3. Microwave broccoli and corn to defrost.
4. Boil water.
5. Per serving add 2 tsp miso paste per bowl, then pour water over and stir to dissolve.
6. Add tofu, tatsoi, corn and broccoli!
7. Optionally sprinkle with sesame seeds, chili flakes, garlic powder or add some sesame oil (not in store) for some extra flavor!



## NOTES

*Per serving approximately \$3.20g, 470 calories, 31.6g protein, 18.9g fat, 49g carbs Individual calorie and macro needs vary!*

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