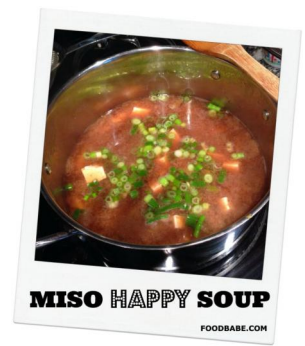


# Food Babe's Miso Happy Soup



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	10 mins	15 mins	4

<https://foodbabe.com/what-the-heck-is-miso-miso-soup-recipe>

## Ingredients:

- 8 cups filtered water
- 8 nori sheets (dried seaweed), chopped
- ¼ cup mushroom, chopped
- ½ cup miso paste (red or white)
- ¾ cup green onions, chopped
- 1 pinch sea salt
- ¼ cup firm tofu, cubed

## Instructions:

1. Place water in a large pot and bring to a low simmer.
2. Add nori, tofu and mushrooms and simmer for 5-7 minutes.
3. In the meantime, place miso paste into a small bowl, add a little hot water and whisk until smooth.
4. Then add to the soup with green onions and stir. This will ensure it doesn't clump - it's important not to boil the miso (you don't want to kill the beneficial bacteria).
5. Simmer 3 more minutes and serve immediately warm or store later to serve cold.

## Notes:

- Recipe goes great with a salad with carrot ginger dressing and quinoa sushi.
- Please choose all organic ingredients if possible