

Hearty Miso Soup

15 mins

1 nori sheet

4 oz Tofu cut in ½" cubes

3 T miso paste

3 c water or veggie broth

2 kale leaves

1 T ghee

*Cooked Brown Rice

*Tamari, optional addition

*Scallion, optional addition

Heat the ghee in a saucepan on med-high, then add cubed tofu. Allow the tofu to heat through for a few minutes, then add 3 cups of water or veggie broth, and bring it to a simmer. While the water is simmering, chop your kale leaves, and slice the nori into strips. Turn off the heat after just a few minutes, and place the chopped kale and nori strips into the water. Stir in the miso paste (miso should never be boiled). If you have a scallion around, this is also a nice garnish. Serve hot, or put in a thermos to bring to work! To make this even heartier, place a scoop of cooked brown rice in the bottom of your serving bowl. If you need more salt, add a teaspoon or two of organic tamari.