

Foodnity Recipes

10 Minute Miso Soup for a Quick Healthy Meal

5 min Prep time	**5 min** Cook time	**10 min** Total time
2 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Main Broth

- [ ] 4 cups dashi or vegetable broth
- [ ] 3 tbsp white miso paste
- [ ] 1 tsp sugar (optional, to balance salt)

The Fillings

- [ ] 1/2 cup soft tofu, cubed
- [ ] 1 tbsp dried wakame seaweed
- [ ] 2 stalks green onion, thinly sliced
- [ ] 1/2 tsp grated fresh ginger

Instructions

1. Pour your dashi or broth into a medium pot and bring it to a gentle simmer over medium heat. Don't let it reach a rolling boil; just a soft bubble.
2. Stir in the dried wakame seaweed and the grated ginger. Let them simmer for about 2 to 3 minutes until the seaweed has expanded and softened.
3. Turn the heat down to low. Scoop your miso paste into a small strainer or bowl and slowly whisk in a ladle of the hot broth until the paste is completely smooth and dissolved. Stir this mixture back into the pot.
4. Gently slide in the cubed tofu. Let it warm through for about one minute—just enough to take the chill off without breaking the cubes.
5. Remove from heat immediately. Ladle the soup into bowls and garnish with a generous pinch of sliced green onions.

Nutrition per serving

85 kcal	6 g	7 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you're using a very salty miso, skip the sugar and add a splash of water to dilute it.
- For a heartier meal, this pairs beautifully with a side of steamed rice.
- Always store your miso paste in a plastic or glass container, as the salt can react with metal.