



MISO SOUP

WITH *Wakame & Green Onions*

A CLASSIC JAPANESE HERBAL RECIPE

A warm, soothing soup made with miso, seaweed, and fresh green onions. Nourishing, light, and full of umami flavor.



INGREDIENTS

- 4 cups water
- 3 tbsp white miso paste (or to taste)
- 1 cup small tofu cubes (optional)
- 1/4 cup dried wakame seaweed
- 3 green onions, thinly sliced (separate white and green parts)
- 1 tsp sesame oil (optional)



DIRECTIONS

- 1 In a medium pot, bring 4 cups of water to a gentle simmer.
- 2 Add the white parts of the green onions and tofu (if using). Simmer for 2–3 minutes.
- 3 Add dried wakame seaweed and cook for another 1–2 minutes until softened.
- 4 Lower the heat. In a small bowl, whisk the miso paste with 1/2 cup of warm water until smooth.
- 5 Stir the miso mixture into the soup (do not boil). Add sesame oil if desired. Top with green onion greens and serve warm.



BENEFITS

- Miso supports gut health and digestion.
- Wakame is rich in iodine and minerals, supporting thyroid and metabolism.
- Green onions are high in antioxidants and support immune health.
- Light, comforting, and full of nourishing herbal goodness.

Garnish
with extra
green onions
for added
freshness!



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