



Miso Soup with Cilantro, Scallions & Wakame

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

26.3 calories, 3.29 g carbohydrate, 2.11 g fiber, 1.18 g NET carbs, 2.08 g protein, 0.51 g fat

Ingredients

- 4 Tbsp(s) Eden Foods Organic Genmai (Brown Rice) Miso
- 4 tsp(s) Eden Wakame Flakes
- 1 medium organic scallion, chopped
- 6 cup(s) filtered or spring water
- 2 Tbsp(s) fresh cilantro, chopped

Preparation

1. Heat filtered or spring water to a near boil. A tea kettle works well for this purpose.
2. Add one serving of miso to each bowl.
3. Add water and stir to incorporate miso.
4. Add wakame and allow to stand 1-2 minutes to let wakame rehydrate. Stir again.
5. Top with cilantro and scallions.
6. Serve.

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