

Crock Pot Miso Soup



Restaurant quality soup,
only easier, cheaper and
more delicious!

Why go out to eat when you can stay in?! This week I'm working on Asian inspired dishes that are easy to make and taste like take-out— only healthier! Today's soup is super easy. So much so, that you should never actually order it in a restaurant, it's so much better to make at home. I add a couple more vegetables to my miso soup so that it's a more filling appetizer or the start of a great main dish. You can add thin egg noodles, vermicelli noodles, or rice to this soup to make it a complete meal in itself. Don't let the tofu fool you; this isn't a crunchy, earthy food, it's the same thing you order in a restaurant, only better for you! Enjoy. ☐

Crock Pot Miso Soup

Serves 6-8

Prep time: 10 minutes

Cook time: 6 hours

6 c. water

4 T. white miso paste

1 zucchini, cut horizontally and then sliced into half moons

2 cloves garlic

1 12 oz package, extra firm tofu, drained and cut into

small cubes

1/2 c. green onions (about 3 inches of the white/green parts),
sliced into rings

1 100g package of enoki mushrooms, cut off the base

Put water and miso paste into crock pot and stir until dissolved. Add zucchini, garlic, and tofu. Cook on low for 6 hours. Add green onions and enoki mushrooms about 20 minutes before cook time is complete. Serve immediately.