



## Spork Foods Recipe!

### Sesame Miso Soup with Ginger and Tofu

**Serves 4 to 6**

**Prep time: 8 minutes**

**Cook time: 13 minutes**

2 teaspoons neutral tasting oil (safflower)  
6 oz firm silken tofu  
4-6 shiitake mushrooms, sliced into thin strips  
1 small carrot, grated (about ¼ cup)  
5 cups "no chicken" vegetable broth  
1/3 cup mellow white miso  
2 teaspoons tamari  
2 teaspoons sesame oil, plus dash for serving  
2 teaspoons fresh ginger, finely grated  
4 scallions, finely chopped  
1 teaspoon sesame seeds, for garnish

1. Heat 4-quart pot over medium heat. Add oil, tofu, mushrooms, and carrot and cook about 2 to 3 minutes. Add vegetable broth and bring to a simmer.

2. Turn heat to medium-low and add miso. Whisk until miso is well dissolved. Add tamari, sesame oil and grated ginger and cook about 7 to 10 minutes to allow flavors to develop.

3. Add chopped scallions and additional sesame oil and sesame seeds as garnish when serving. Serve warm.

**TIP:** If you want to add a little heat to this soup, or any other dish calling for sesame oil, just purchase a hot pepper sesame oil. You will still get all of the sesame flavor, with a spark of fire.