JAPANESE · SIDE · BREAKFAST

Classic Miso Soup with Tofu and Wakame

20 min · Serves 4 · 72 kcal a serve · Video 3:47 · Just One Cookbook

Gluten-free ingredients · Dairy-free · Nut-free

A light soup of fermented miso, tofu and seaweed: about 70 kcal a bowl with no added sugar. It is salty (about 1,200 mg sodium a bowl), so pair it with low-salt dishes; kombu-only dashi makes it plant-based.

Diet notes: Low carb (6 g net carbs) but not keto: 31% of the energy is from fat, and keto meals get about 60% or more; Vegan if you leave out the dashi; Vegetarian with a swap for the dashi.

Scan for the video, full nutrition and more free recipes

Ingredients

5 · SERVES 4

- [ ] a scant 950 ml **dashi** (950 ml water with 1 piece kombu, about 10 g, and 240 ml packed katsuobushi; or 2 dashi packets; or kombu-only dashi for a vegan soup)
- [ ] 4–5 Tbsp **miso** (start with 4 and taste)
- [ ] 200 g soft (silken) tofu, cut into 1.5 cm cubes
- [ ] 1 Tbsp **dried wakame seaweed**
- [ ] 1 **green onion**, thinly sliced

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Fish, Soy. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Make dashi: put 950 ml of water and the kombu in a saucepan (soak 30 minutes to overnight if you have time). Heat slowly over medium-low and lift out the kombu just before the water boils so it does not turn slimy or bitter. 0:41
2. Add a cup of katsuobushi, bring back to the boil, simmer 30 seconds, then turn off the heat and let the flakes sink for about 10 minutes. Strain. Shortcut: simmer 2 dashi packets in 950 ml of water for 2–3 minutes instead. 1:13
3. Bring the dashi to a gentle simmer, turn off the heat and dissolve 4–5 tablespoons of miso through a strainer or with a whisk. Taste and add a little more miso if needed, or dilute with dashi if it is too strong. 2:06
4. Add the cubed tofu after the miso so it stays intact, then stir in the dried wakame. Reheat gently until hot but never let it boil, which dulls the flavour and aroma. 2:34
5. Ladle into bowls and top with thinly sliced green onion. 3:16

> **Tip** Miso is salty, so start with 4 tablespoons and taste. Dashi keeps 5 days in the fridge or 2 weeks frozen; add the miso only to the portion you are serving. Avoid miso with dashi already added.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
72 kcal	5.7 g	7.2 g	1.2 g	2.5 g	830 mg
300 kJ	11% of a day	6 g net · 1.3 g sugars	4% of a day	0.4 g saturated	36% of a day
		3% of a day		3% of a day	

Energy from net carbs 35% · protein 33% · fat 32%

Source of (10–19%) Vitamin K 12% · Folate 11% · Selenium 11% · Omega-3 11% · Magnesium 10%

Recipe and video: Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=wshf6yZbhwk, published 2 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/miso-soup-tofu-wakame