

Chicken Stock with Miso

Quick & Yummy. ☺

Serves 2

Ingredients

2 Cups low-sodium chicken stock

½ to 1 tsp miso

Diced firm tofu (optional)

Directions

In a small saucepan, heat chicken stock until hot. Remove from heat and let sit for 1 to 2 minutes. Place miso paste in a separate bowl and ½ cup hot stock, stir to combine. Add this miso paste to the saucepan with the rest of the stock and stir. Stir in mugs with diced tofu if you wish.

- ❖ Adding miso paste after heating helps retain its flavour and nutritional benefits. Do Not Boil.

Enjoy ☺