

Vegetable Chicken Soup

Adapted from: *Bon Appetit*
Category: Soup

Servings: 4
Prep time: 20 minutes

Ingredients

- ½ cup diced celery
- ½ cup diced yellow squash
- ½ cup diced onion
- ½ cup diced red or yellow pepper
- Red and/or white miso
- 6 cups water
- 1 teaspoon Tamari or soy sauce (*reduced salt*)
- ½ cup diced tofu
- ½ cup diced chicken, cooked
- ½ cup sliced mushroom caps

Instructions

Bring ½ cup water to a boil. Add vegetables and cook about 10 minutes on medium heat. Whisk miso with about ½ cup water until dissolved. Stir tamari into miso and add to vegetables in saucepan. Add 5 cups of water and gently simmer for 2-3 minutes. (Do not boil the miso as it will become cloudy and bitter.) Add tofu, cooked chicken and mushroom caps.

Nutritional Facts Per Serving

Serving Size: 2 cups

Sugar:Fiber = 2:1
Mono:Sat = 1:1
Calories: 70
Carbohydrates (g): 6
Fat (g): 1
Cholesterol (mg): 20
Protein (g): 10
Sodium (mg): 360

