



Long Livo

Loaded Miso Soup – Blue Zone Healthy Recipe

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

Japanese

Cuisine

Ingredients

Soup Base

- ☐ 4 cups low-sodium vegetable broth
- ☐ 2 tbsp white miso paste
- ☐ 1 tsp grated fresh ginger
- ☐ 1 tbsp rice vinegar
- ☐ 1 tsp maple syrup

Hearty Additions

- ☐ 200 g silken tofu, cubed
- ☐ 2 tbsp dried wakame seaweed, rehydrated
- ☐ 1 medium carrot, thinly sliced
- ☐ 2 scallions, sliced thin
- ☐ 1 tbsp sesame oil for finishing

Instructions

- 1 In a pot, bring the vegetable broth to a gentle simmer.
- 2 Add grated ginger, carrots, and rice vinegar; simmer for 5 minutes until carrots soften.
- 3 In a separate bowl, whisk miso paste with a ladle of hot broth until smooth; avoid boiling.
- 4 Stir the miso mixture back into the pot, then add tofu and wakame; heat gently for 2 minutes.
- 5 Season with maple syrup, and adjust salt with a splash of bone broth chicken soup soy sauce if needed.
- 6 Remove from heat, drizzle sesame oil, garnish with scallions, and serve hot.

Nutrition per serving

180 kcal

Calories

12 g

Protein

22 g

Carbs

5 g

Fat

Tips & notes

- Do not let the soup boil after adding miso to preserve its delicate flavor.
- Taste and adjust seasoning before serving; miso can vary in saltiness.
- For extra depth, add a splash of beef barley soup broth.