

# Miso Soup

## INGREDIENTS

4 cups of spring water

2 tbsp of white miso

A few sprigs of flat parsley, cilantro or scallions, chopped.

Tempeh or tofu cut into small cubes

## Directions

Place the water in a pot and bring to a boil. Remove from heat and allow to cool for about 10 minutes when it is warm to the touch but not hot.

Add the miso paste and the tempeh or tofu. Add the scallions, parsley or cilantro.

Serve immediately.

