

A Special Meal

Bento Box

Miso Soup, Green Beans, Misoyaki Fish,
Umami Tofu with Enoki Mushrooms, Ajitama,
Lilikoi Cheesecake



Ready in **15 minutes**

Serves **4-6**

Miso Soup Ingredients

- 4 cups of water
- 4 Tbsp White Miso
- 2-3 pack of Dashi no moto
- 1 Tbsp green onions divided
- 1 tsp kombu

Preparation

1. Add 4 cups of water to a medium pot.
2. Add 4 Tbsp of white miso, and 2-3 packs of dashi no moto. Put in 2 packs first and add the 3rd if you feel it needs it.
3. Mix well.
4. Pour into bowls that have a few green onions and kombu already in them.
5. May add 1 Tbsp of chopped tofu if desired. Serve this as your first course.

Tips

If you like a stronger miso flavor, you can add more miso. Always start with a lesser amount, taste it and decide if you need to add more.

Spiritual Message from this recipe

I like to prepare things ahead of time, so that I don't feel rushed. I put out my bowls for the soup in the morning and add my green onions and kombu. One thing to check off the list!