

Watercress Soup with Tofu and Vegan Broth

Ingredients

- 3-5 large shiitake mushrooms
- 3 cloves of garlic
- 8 oz. firm or extra-firm tofu
- Olive oil, for cooking
- 4 cups vegetable broth
- 2 tbsp. white miso paste
- 2 tbsp. soy sauce
- 1 lemon
- 3 scallions
- 8 oz. watercress
- Salt and pepper, to taste

Steps

1. Cut off and discard the tough stems of the shiitake mushrooms, and make the caps into thin slices. Mince the garlic. Cut the tofu into small cubes.
2. In a medium-sized pot, heat a small amount of oil. Add the garlic and shiitakes, and sauté for a couple minutes until the mushrooms soften and the garlic is fragrant. Add the tofu and vegetable broth, cover, and bring to a simmer.
3. While the broth is heating, chop the scallions and watercress. When the broth has reached a simmer, add the soy sauce, miso paste, and lemon juice, and whisk until dissolved. Take off the heat and add the watercress and scallions, and stir to wilt the watercress. Season with salt and pepper to taste, and serve warm.

