



## Miso Stew



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon dulse\*
- ☐ 5 mushroom caps fresh thinly sliced
- ☐ 2 garlic clove thinly sliced
- ☐ 1 inch kombu (kelp)
- ☐ 1 cup napa cabbage very thinly sliced
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.5 medium onion cut into 3/4-inch pieces
- ☐ 1.8 oz quinoa

- ☐ 1 spring onion thinly sliced
- ☐ 1 teaspoon tamari sauce to taste (wheat-free sauce from refined soy)
- ☐ 0.5 lb tofu firm quartered
- ☐ 4.5 cups water filtered (preferably )
- ☐ 2 tablespoons miso sweet white (also called shiro miso; not , preferably rice and soy miso)
- ☐ 2 tablespoons frangelico
- ☐ 2 tablespoons frangelico

## Equipment

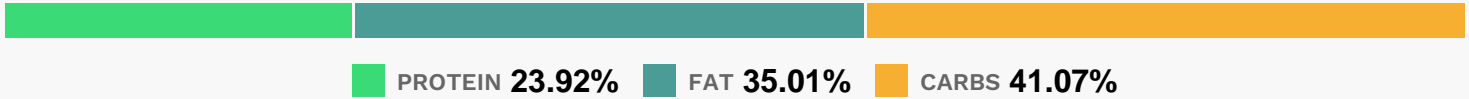
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

## Directions

- ☐ Soak arame in 1 cup filtered water in a small bowl and set aside.
- ☐ Wash quinoa in 3 changes of cold water in a bowl, draining quinoa in a sieve each time, then put quinoa in a 2- to 3-quart saucepan with kombu and 1 cup filtered water. Simmer, uncovered, until quinoa is just tender, about 20 minutes.
- ☐ Drain in a sieve.
- ☐ About 10 minutes before quinoa is done, cook onion in oil in a 3- to 4-quart heavy saucepan over moderate heat, stirring frequently, until it begins to brown, about 5 minutes, then add garlic and cook, stirring, 30 seconds.
- ☐ Add tofu, carrot, shiitakes, and remaining 2 1/2 cups filtered water and simmer, covered, until carrot is just tender, about 5 minutes.
- ☐ Remove kombu from quinoa and discard. Stir quinoa into stew, then remove from heat.
- ☐ Put miso in a small bowl and add 1/4 cup stew liquid, whisking until miso is incorporated, then stir mixture into stew.
- ☐ Drain and rinse arame and add to stew along with bok choy and tamari, stirring to combine.
- ☐ Divide stew between 2 bowls and sprinkle with scallion and dulse flakes.

- ☐ \*Available at Asian markets, natural foods stores, and edenfoods.com.
- ☐ \*\*Available at specialty foods shops, natural foods stores, and ethnicgrocer.com.
- ☐ \*\*\*Available at Asian markets, natural foods stores, and Uwajimaya ( 800-889-1928).
- ☐ \*\*\*\*Available at natural foods stores.
- ☐ \*\*\*\*\*Available at Asian markets, natural foods stores, and seaveg.com.

## Nutrition Facts



## Properties

Glycemic Index:122, Glycemic Load:4.02, Inflammation Score:-6, Nutrition Score:15.8247826067%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

## Nutrients (% of daily need)

Calories: 296.53kcal (14.83%), Fat: 11.85g (18.23%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 25.42g (9.24%), Sugar: 4.16g (4.62%), Cholesterol: 0mg (0%), Sodium: 865.97mg (37.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.43%), Manganese: 0.92mg (45.79%), Vitamin K: 37.11µg (35.34%), Folate: 95.42µg (23.86%), Fiber: 5.87g (23.46%), Calcium: 230.72mg (23.07%), Vitamin B6: 0.43mg (21.26%), Phosphorus: 209.83mg (20.98%), Iron: 3.73mg (20.71%), Magnesium: 81.73mg (20.43%), Copper: 0.4mg (19.83%), Vitamin C: 14.55mg (17.63%), Vitamin B2: 0.24mg (13.85%), Potassium: 448.47mg (12.81%), Zinc: 1.84mg (12.26%), Vitamin B3: 2.25mg (11.24%), Vitamin B1: 0.15mg (10.05%), Vitamin B5: 0.89mg (8.89%), Selenium: 6.15µg (8.79%), Vitamin E: 1.28mg (8.54%), Vitamin A: 201.22IU (4.02%)