



Shrimp and Tofu Soup

1 ½ cups cooked brown rice

4 ounces shrimp, peeled, deveined, and cut in half

4 ounces firm tofu cut into 1-inch cubes

3 tablespoons miso paste or instant miso soup

4 cups water

1 cup low-sodium soy sauce

1. In a large saucepan, combine the water, rice, soy sauce, shrimp, tofu, and miso. Simmer for 2 minutes or until the shrimp are opaque.

To Serve: Ladle into soup bowls

Servings: 2