

# *Shiitake and Wakame Soup*

## INGREDIENTS

<b>8 oz firm tofu, cut into cubes*</b>	<b>4 shiitake mushrooms</b>
<b>1 pkg (2 oz) dried wakame</b>	<b>pinch sea salt</b>
<b>1 clove garlic, crushed</b>	<b>3 cups water</b>
<b>½ medium onion, chopped</b>	<b>*You can substitute chicken thighs or prawns for the tofu, if desired; cooking time may increase as a result.</b>
<b>1 chicken or vegetable bouillon cube</b>	

1. Combine ingredients in a soup pot. Cover and bring to a boil.
2. Reduce heat until boil is reduced to a simmer; leave cover ajar. Cook until the tofu is cooked through, about 10 minutes.

Yields 3 servings

Source: Ocean Veggies