

ONE BITE

VEGAN MAGAZINE

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Vegan BBQ
Cookbook

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Vegan Summer Picnic Recipes



Miso Kabocha soup with Tofu (Vegan, Gluten-free)

By Sharon Palmer

Ingredients:

- 1 small kabocha squash (about 2 pounds whole, or 4 cups cooked, chopped)
- 1 cup vegetable broth
- 1 cup plant-based milk, plain, unsweetened (coconut, almond, or soy)
- 1 ½ tablespoon white miso
- 1 teaspoon fresh ginger
- 1 14-ounce package tofu, diced in small cubes
- ½ cup green onions, diced

Miso Kabocha soup with Tofu (Vegan, Gluten-free)

Instructions:

1. Slice kabocha squash into large pieces (unpeeled), scoop out seeds, and cook it until tender. You can place it in a baking dish with a small amount of water and bake at 350 F for about 35 minutes; steam it in a pot covered with water for about 25 minutes; or microwave it in a microwave safe dish with a bit of water for about 10 minutes. Remove from heat and allow to cool slightly. Once squash is cooled, scoop out the flesh from the peel.
2. Place squash flesh in the container of a blender. Add vegetable broth, plant-based milk, miso, and ginger and process until smooth.
3. Add to a medium pot and heat until bubbly. Stir in diced tofu and green onions.
4. Serve immediately.

Notes:

Instant Pot directions: Slice kabocha squash into large pieces, scoop out seeds, and peel it. Place the squash, along with the vegetable broth, plant-based milk, miso, and ginger in the container of the Instant Pot. Press "Soup" setting. Cook according to manufacturer's

directions. Puree soup in a blender container, and stir in diced tofu and green onions.

Slow cooker directions: Slice kabocha squash into large pieces, scoop out seeds, and peel it. Place the squash, along with the vegetable broth, plant-based milk, miso, and ginger in the container of the crockpot. Cook on high for 4-6 hours or on low for 8-12 hours. Cook according to manufacturer's directions. Puree soup in a blender container, and stir in diced tofu and green onions.



About the author...

Sharon has created an award-winning career based on combining her two great loves: nutrition and writing. Sharon is an accomplished writer, editor, blogger, author, speaker, and media expert. In particular, her expertise is in plant-based nutrition, cooking, and sustainability. Living in the Chaparral hills overlooking Los Angeles with her husband and two sons, Sharon enjoys tending to her own organic garden, visiting the local farmers market every week, and cooking for friends and family.

[Check out her website.](#)