

Kenchinjiru (Japanese soup)

Ingredients

6 cups dashi
7 oz. firm tofu
8 oz. konjac noodles
1 - 2 in. piece daikon
1 carrot
3 pieces taro
2 Tbsp. miso paste
1 Tbsp. sesame oil
2 Tbsp. rice wine vinegar
½ tsp. salt
2 Tbsp. soy sauce
2 green onions, chopped

Instructions

1. Wrap tofu in a paper towel and press between two heavy glass plates for 30 minutes.
2. Slice carrots, daikon and taro into small slices.
3. In a large pot, sauté carrots, daikon, taro and sesame oil together.
4. Crumble in firm tofu and mix until the tofu is coated in sesame oil.
5. Add dashi broth and cook for ten minutes, skimming the surface.
6. Add rice wine vinegar and salt. Cook until vegetables are soft.
7. Add soy sauce.
8. Ladle into a bowl, top with green onion and enjoy!



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