

Example of school lunch menu 2. Soup

Milk tonjiru (pork miso soup)

Though this recipe uses only half the quantity of miso compared to regular miso soup, it has mellow and rich flavor.

[Ingredients]	Per person	_ persons
Pork (red meat pieces)	25 g	
Japanese leek	10 g	
Burdock	10 g	
Konnyaku	10 g	
Carrot	10 g	
Potato	20 g	
Silken tofu	15 g	
☆ <i>Classmate</i> cheese powder	5 g	
Kezuribushi (Dried bonito shavings)	2 g	
Water	125 ml	
Miso (local miso unique to each region is used)	10 g	
Milk	40 ml	
☆ White lupine bean and navy bean paste	10 g	
Salad oil	1 g	



[How to cook]

- (1) Cut pork into 3 cm long pieces.
- (2) Cut burdock into semi-circular slices, carrot and potato into quarter slices and cut leek diagonally.
- (3) Cut konnyaku into square slices and boil them.
- (4) Use part of the water to dissolve miso, white lupine bean and navy bean paste and *Classmate* cheese powder in it.
- (5) Heat salad oil in a pot and stir-fry pork, burdock, carrot, potato and konnyaku.
- (6) Add broth made with kezuribushi in (5).
- (7) Once the vegetables in (5) are cooked, add leek, tofu, the seasonings in (4) and milk.
- (8) Once it boils, turn off the stove and serve the soup in a bowl.

Nutritive values are described for each recipe.

[Nutritive values of the dish (per serving)]

Energy (kcal)	159	Magnesium (mg)	43	Vitamin B2 (mg)	0.18
Protein (g)	12.5	Iron (mg)	1.3	Vitamin C (mg)	10
Fat (g)	4.5	Zinc (mg)	1.3	Dietary fiber (g)	3.0
Sodium (mg)	341	Vitamin A (μg)	100	Salt equivalent (g)	0.8
Calcium (mg)	107	Vitamin B1 (mg)	0.34		