

■ DIY Low-Sodium Broth Mix (Tokyo-Friendly)

Yield: about 1/2 cup (≈24 cups broth)

Ingredients:

- Nutritional yeast (flakes/powder) – 3 Tbsp
- Garlic powder – 1 Tbsp
- Onion powder – 1 Tbsp
- Dried parsley – 2 tsp
- Dried thyme – 1 tsp
- Dried oregano – 1 tsp
- Smoked paprika – 1/2 tsp
- Turmeric – 1/4 tsp (optional, for color)
- Black pepper – 1/4 tsp
- Optional: shiitake powder – 1 tsp (for extra umami)

Directions:

1. Mix all ingredients and store in a jar (cool, dry place).
2. Keeps for ~6 months.
3. Use a dry teaspoon when scooping (avoid moisture).

How to Use:

- Broth: 1 tsp mix + 240 ml hot water = light veggie broth
- Stir-fries: Sprinkle 1/2 tsp over veggies with a splash of water/coconut aminos
- Rice/beans: 1 tsp in cooking water for subtle flavor
- Soups/stews: 1–2 tsp per pot, instead of bouillon cubes

Nutrition (per 1 tsp mix, ≈2 g):

- ~7 kcal, 0.7 g protein, 0 g fat, 1 g carbs (0.5 g fiber), ~5–10 mg sodium

Tips:

- Nutritional yeast adds background umami without overpowering.
- Shiitake powder gives a Japanese twist, great for miso soup & simmered veggies.