

Mighty Miso Soup

Prep Time: 5-10 minutes

Cooking Time: 10-15 minutes

Yield: 4-5 servings

Ingredients:

4-5 cups spring water

1-2 inch strip of wakame, rinsed and soaked 5 minutes in 1 cup of water until softened

1-2 cups thinly sliced vegetables of your choice (see notes)

2-3 teaspoons barley miso

2 scallions, finely chopped

Directions:

1. Chop soaked wakame.
2. Discard soaking water or use on houseplants for a boost of minerals.
3. Place water and wakame in a soup pot and bring to a boil.
4. Add root vegetables first and simmer gently for 5 minutes or until tender.
5. Add leafy vegetables and simmer for 2-3 minutes.
6. Remove about 1/2 cup of liquid from pot and dissolve miso into it. Return it to the pot.
7. Reduce heat to very low; do not boil or simmer miso broth.
8. Allow soup to cook 2-3 minutes.
9. Garnish with scallions and serve.

Note:

Any combination of vegetables can be used in miso soup. Here are some classic combinations:

- onion-daikon: cleansing
- onion-carrot-shiitake mushroom-kale: mildly sweet
- onion-winter squash-cabbage: great in wintertime
- leek-corn-broccoli: great in summertime

Variations:

- Add cooked grains at the start of making the soup. They will become nice and soft.
- Add a tablespoon of uncooked quinoa or millet at the beginning and let it cook with vegetables for 20 minutes.
- Add cubed tofu toward the end.
- Add bean sprouts toward the end.
- Season with 1/2 teaspoon ginger juice for an interesting twist.
- If using dry shiitake mushrooms, let them soak for 20 minutes, slice and add at the beginning.