



Miso Soup

4 servings

4 cups vegetable stock

½ cup wakame seaweed

2 Tb fresh ginger, grated

1 carrot cut into 2" long match sticks

3 " daikon cut into 2" long match sticks

3 Tb red miso or sweet white miso

1 scallion, chopped thinly sliced

A handful of Enoki mushrooms roots trimmed (optional)

Soak ½ cup wakame in lukewarm water for 10 minutes. Rinse the reconstituted wakame, roughly chop

Heat up vegetable broth

Add the grated ginger, wakame and vegetables.

Simmer about 3 minutes until vegetables are tender but not soft.

Turn off heat.

Place the miso paste in a small bowl and add about 1/2 cup of broth. Mix to dissolve.

Add miso mixture to broth.

Heat and serve garnish with scallions and enoki mushrooms. Enjoy!

Note: Do not let soup boil once miso is added. Boiling miso kills the healing bacteria, enzymes and vitamins.

© 2011 Ingrid DeHart