

# Miso Ginger Vegetable Soup

4 servings

2" piece wakame or dulse seaweed (optional)

6 cups filtered water

1 organic cold pressed sesame oil or olive oil

2 shallots thinly sliced

3 cloves garlic thinly sliced

8 oz shitake mushrooms or porto bello mushrooms, sliced

1 carrot cut into half moons

2 Tb freshly grated or minced ginger

2 cups broccoli florets, cut into bite size pieces

2 cups kale, stems removed, chopped into bite size pieces

4 Tb yellow or red miso (I like yellow in summer and red in winter)

1 tsp dark sesame oil

Wheat free tamari to taste

2 scallions, green part only thinly sliced

- If using the seaweed (optional). Rinse the seaweed, soak in the 6 cups of water for 5 minutes. Drain, reserve the water, coarsely chop the seaweed. Set aside.
- In large soup pot heat oil on medium-low heat
- Add shallots and garlic.
- Sauté on medium-low heat for 3–4 minutes.
- Add mushrooms and sauté for another 3 minutes.
- Add reserved water and ginger. Bring to a boil and simmer for 5 minutes until the mushrooms are almost tender.
- Add carrot, broccoli and kale simmer 2-3 minutes until vegetables are tender
- Turn heat off add seaweed if using.
- Take out ½ cup of water add miso mashing with a fork to dissolve the miso.
- Pour miso mix back into the pot. Don't boil the soup once you add the miso. Add the dark sesame oil.
- Stir, taste, add wheat free tamari if desired.
- Return the lid to the pot and let stand for 5 minutes.
- Serve garnished with sliced scallions

## **A few more things...**

- Add in some kelp noodles or soba noodles for a heartier dish

