

Soothing Miso Soup

This is a quick and easy soup to make. Double the recipe to have on hand for a few days. Miso has been eaten in Japan and China for many centuries and I like it because of its health and anti-aging benefits. It's also quite delicious. Miso is a high protein, probiotic food that helps support digestion by adding beneficial microorganisms to your digestive tract.

2-3 servings

1 Tb coconut oil
1 large onion, chopped
2 stalks celery, chopped
2 cloves garlic, minced
1 Tb minced fresh ginger
2 carrots cut into chunks
1 cup daikon cut into chunks
4 cups water
2 Tb chick pea miso or yellow miso
2 Tb dulse flakes (optional)

- Heat a soup pot on medium. Add coconut oil. Once the oil is melted add the onions and celery.
- Sauté 5-8 minutes on medium-low until the onions are soft.
- Add garlic and ginger. Stir and sauté 1 minute until fragrant.
- Add carrots, daikon and water.
- Bring to a boil, turn down and simmer 5-10 minutes until the carrots are tender.
- Turn off the heat.
- Put miso into a medium bowl.
- Scoop out a cup of water from the soup. Add enough of the soup water to the miso to make a paste.
- Add the rest of the cup of water to dissolve the miso.
- Pour the miso back into the soup. Stir to combine.*
- Add in dulse flakes if using.
- Let sit 5 minutes for the flavors to combine.
- Serve.

***Note:** Don't boil the soup once you add the miso, it will kill the beneficial microorganisms.