

Loaded Miso

This soup is so nutrient dense yet simple it certainly belongs in your weekly lineup through the cold months ahead. I was introduced to miso soup by my German homeopath one long winter when, after a bout of bronchitis, I could not regain my strength. I clearly remember my search for miso in Germany brought me to a back alley herbalist shop in Heidelberg. The scoop of paste I purchased provided many nourishing bowls of soup, aiding my recovery.

While there is a suggested list of veggies below, please feel free to sub in whatever you have on hand. Bittman's recipe called for turnips but, as they aren't a favorite at my house, I tend to use broccoli or cauliflower in bite-sized florets. Chop the vegetables while the kombu soaks and you will have a meal ready in minutes.

Ingredients

(makes 2 meal-sized servings)

- * 1 strip kombu (dried kelp)
- * 1 handful sliced shiitake mushrooms
- * Coconut oil
- * $\frac{1}{2}$ Cup miso (I prefer the chickpea version)
- * Carrots, grated
- * Broccoli or Cauliflower cut or broken into bite-sized florets (steamed)
- * 1 TBSP Ginger root, grated
- * 1 bunch of leafy greens (bok choy, Dino Kale, or Collards)
- * 1 handful cooked edamame
- * Scallions

To Prepare

1. Bring 6 cups of water to simmer and add one strip kombu;

let it soak 10 minutes, then remove it and chop; set aside.

2. Meanwhile, saute a handful of sliced shiitakes in coconut oil until crisp.
3. Whisk a cup of the water with 1/2 cup miso in a bowl until smooth.
4. Pour the miso mix into the remaining water and add veggies and ginger, the chopped kombu.
5. Let stand long enough to heat through, about a minute. Add some chopped scallions and the crisp shiitakes and serve and enjoy!

Adapted from Mark Bittman's Loaded Miso.