



LUNCH

## Eating for Health™ Miso Soup

This vegan miso soup is easy to make, enjoy and digest.

YIELD: Serves 4

### INGREDIENTS

- 4-5 cups water
- 1/2 cup wakame, dulse, nori or hijiki (dried fine seaweed)
- 1 cup mushrooms (shiitake, maitake, oyster or trumpet)
- 1/4 cup silken tofu (cubed)
- 4 tablespoons white shiro miso paste
- 2 tablespoons nutritional yeast
- 2 1-inch thin chunks of ginger (sliced, minced, skin optional)
- Green onion (sliced for garnish)

### DIRECTIONS

1. First, prepare the seaweed. Soak your wakame in a separate cup of water for about 5 minutes or so, until soft.
2. Add the mushrooms and ginger and allow to boil for an additional 2-3 minutes, then turn off the heat.
3. Once the water stops boiling, add in the miso paste.
4. Spoon a little bit of the broth into a soup ladle, then use chopsticks to dissolve the miso paste into the broth before adding to the rest of the soup. It's important to add the miso paste gradually, otherwise you will end up with chunks of it in the broth.
5. Add your tofu and wakame to the pot, then stir gently.
6. Add the nutritional yeast and stir. Best not to cook the yeast.
7. Taste and add more miso if too bland; more water if too strong. You can add a pinch of cayenne, chili, or curry if you want to spice it up a bit.
8. Divide into bowls, and garnish with green onions.



### NUTRITION GEM

## Health Benefits of Miso, Seaweed & Shiitake Mushrooms

A traditional Asian breakfast soup that is a great meal or snack any time of the day.

**Miso** — Miso is an excellent source of digestive plant-based protein, probiotics, vitamins (B2, K, E), minerals (copper, manganese), and antioxidants.

**Seaweed** — Seaweed is rich in vitamins, minerals, and antioxidants, including iodine, omega-3 fatty acids, and fiber that support thyroid health, improve digestion, boost the immune system.

**Shiitake Mushrooms** — Support oral and gut health, immune, liver and brain function, with potential cancer-fighting properties.

### COOKING PEARLS

## Miso Tips & Tricks

**Ingredients** — Most of these ingredients can be found at a natural food, Japanese or Asian grocery store, and are usually more affordable too.

**Miso Paste** — If you are adverse to soy, use equal parts brown rice miso or chickpea miso instead.

**Reheating Leftovers** — Heat soup over medium, but stop just before it begins to boil to retain the probiotic properties.

**Poaching Stock** — Use miso soup broth to poach fresh fish, such as wild salmon or black cod.