



Miso Soup

Miso soup is so soothing and so nutritious. I could certainly eat it once each day. An important note: this soup will taste very different depending on the type of miso you use. The lighter kinds are mild and the darker ones have richer, deeper flavors. Try starting with the light and working your way up.

Medicinal Benefits of this recipe...

This soup is great to help support the immune system, good nutrition for patients with mouth sores or dry mouth, and soups are always a good aid for weight loss!

Anticancer Phytonutrients Found in this recipe.....

Beta-carotene, Alpha-carotene, Lutein (Zeaxanthin), Allyl sulfides, Quercetin, Genistein, Daidzein, Glucosinolates, Sulfur compounds

Ingredients

7 cups vegetable stock, preferably homemade or a low-sodium canned with no MSG
1 strip kombu, 5-7 inches
½ bunch kale, stems removed and cut into bite-sized pieces
1 teaspoon sesame oil
1 onion, sliced fine
1 carrot, cut into thin strips or “matchsticks”
1 strip wakame, rehydrated for 5 minutes in water, stem removed and chopped
big handful of shitake mushrooms, stems removed and chopped fine
1-2 scallions, thinly sliced into rounds
4 tablespoons mellow white or yellow miso or 2-3 tablespoons darker miso

Procedure

1. Simmer vegetable broth and kombu for 20 minutes.
2. In the meantime, sauté onion in sesame oil and get all your veggies ready.
3. Raise flame to medium and add kale to the pot. Boil lightly for 10 minutes.
4. Add onions, shitake and carrots and cook for another 3-5 minutes. When done, carrots and mushrooms should still have a bit of bite to them.
5. Turn off heat. In a bowl, dissolve the miso in a bit of the soup broth and then add to pot along with scallions.
6. Serve immediately.

Note: Boiling miso reduces many of its beneficial nutritive qualities. If you want to make extra soup and have it the next day, keep the miso aside and add after you've reheated the soup, just before serving.

Basic Nutrition Profile for One Serving (1 cup):

Kcal	120 kcal
Protein	7 grams
Carbohydrate	16 grams
Fat	4 grams
Saturated Fat	0 grams
Monounsaturated Fat	1 grams
Polyunsaturated Fat	2 grams
Fiber	4 grams

This recipe is a great source of.....

Potassium	525 milligrams
Vitamin A	10045 international units
Calcium	104 milligrams
Folate	93 micrograms
Vitamin K	16 micrograms
Selenium	5 micrograms
Magnesium	59 milligrams

Also has a full-range of B-vitamins