

MISO SOUP

Dr. Jennifer Echert, BerkanaWay

Prep Time: 5 minutes

Cook Time: 15 minutes

Ready In: 20 minutes

Serves: 2

- 1 small onion, thinly sliced
- 2 cloves garlic, minced
- 1 small carrot, thinly sliced
- 1TBSP sesame oil
- 1 TBSP crushed dried wakame sea vegetable, rinsed
- 2” daikon radish, thinly sliced
- 1-2 tsp brown miso (from the refrigerator section of your health food store)

Saute onion, garlic and carrot in sesame oil over medium heat until onion is tender. Add two cups filtered water and the wakame, bring to a boil. Cover, lower heat and simmer gently for 10 minutes. Add daikon radish and simmer one more minute. Remove from heat. Take a small amount of broth into a cup and stir in the miso until blended. Add mix back into pan and stir well. Serve immediately.

Good topped with gamashio (sesame/sea vegetable sprinkles) and with spelt toast on the side.

Options: Other vegetables may be added such as shitake mushrooms, diced cabbage, peas, grated fresh ginger root. Chunks of firm tofu are also good.