

# Miso Soup

## Ingredients:

- \* 5 cups water
- \* 1 piece Kombu seaweed (rinse Kombu briefly in running water and wipe lightly. Do not remove the white minerals on the surface, as these are the glutamic salts which help make Kombu a valued flavoring agent.
- \* 1 tbs olive oil
- \* 1 carrot, cut into small pieces
- \* 1/2 cup minced scallion
- \* 3 tbs miso paste
- \* 1 tbsp Tamari or add to taste



## Directions:

1. Take out 2 med size soup pots
2. In one pot bring water with Kombu to a boil. Continue to boil for 10 minutes. This gives you a soup stock full of minerals and nutrients
3. While the water is boiling, place olive oil in second pot and saute' carrots on medium low heat
4. After water has boiled for 10 minutes, remove Kombu and add water to pot with carrots
5. Place Miso paste in small cereal bowl or cup, dip into pot, fill with soup stock. Mix well until all Miso is liquefied and add back to soup
6. Add scallions and let simmer another 3-4 minutes. This extra amount of time allows the enzymes and vitality of the soup to come alive. Add Tamari or Soy Sauce to taste (Bragg's is good, too)

You can use all kinds of Miso - they come in colors from light to dark, made from rice, buckwheat, barley, chickpeas, and dandelions. The darker colors are heartier and saltier than the whites. Experiment by adding whatever veggies are in season, a little tofu, and mushrooms. There are also different kinds of seaweed; all are full of calcium, minerals and nutrients that stimulate digestion and increase energy.