

Miso Soup

Just like grandma's chicken soup, this recipe is great for when you are just beginning to get a cold. The miso, ginger, and green onions release the exterior to facilitate sweating which will help to relieve fever and chills.

4 cups water or chicken broth
½ lb tofu, diced
1 Tbsp wakame or other dried sea vegetable
¼ lb fresh spinach
1 carrot, thinly chopped
4-5 Tbsp white or yellow miso (to taste)
4 green onions, chopped
1 1.5" chunk of fresh ginger, THINLY sliced

In a medium saucepan, bring water or broth, ginger, and wakame to boil. Add tofu and reduce heat. Simmer 2-3 minutes and remove from heat. Stir in miso until it is dissolved. Place a handful of spinach and ¼ of the carrot in each of 4 bowls. Pour broth over the veggies, sprinkle with green onions, and serve immediately.

This is also yummy with shitake or white mushrooms. If using dried mushrooms, add them at the beginning with the wakame. If using fresh mushrooms, add them with the tofu.