



Easy Miso Soup

4 servings

15 minutes

Ingredients

- 5 pieces Kombu Seaweed (5-inch strip)
- 5 cups Water (filtered)
- 3 tbsps Miso Paste
- 1/4 cup Shiitake Mushrooms (dried and rehydrated or fresh)
- 1 stalk Green Onion

Nutrition

Amount per serving	
Calories	41
Fat	1g
Carbs	7g
Fiber	1g
Sugar	2g
Protein	2g
Sodium	767mg
Potassium	315mg
Vitamin A	120IU
Vitamin C	0mg
Calcium	57mg
Iron	0mg
Vitamin D	3IU
Vitamin E	0mg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	3µg
Vitamin B12	0µg
Phosphorous	3mg
Magnesium	8mg
Zinc	0mg
Selenium	2µg

Directions

- 1 Place kombu in a small pot, and cover with filtered water.
- 2 Place pot on the stove over medium heat, and bring to a simmer. When it is just about, but not yet boiling, remove both the kombu and set aside for another recipe, or for a second batch of broth.
- 3 Add mushrooms, and turn heat to medium high until liquid comes to a gentle boil. Boil for 1-2 minutes, then reduce to a simmer.
- 4 Meanwhile, prep serving bowls, dividing green onion evenly amongst each, and re-hydrated wakame, if adding.
- 5 Add miso paste to a large ladle, and gently dip into the pot of broth, bringing some liquid into the ladle. Using a chopstick, or fork, mix and dissolve the miso paste in the ladle.
- 6 Turn off, and remove pot from heat. Gently stir the dissolved paste into the pot of broth and mushrooms.
- 7 Divide the miso soup amongst the four prepared bowls. The warm broth will heat the green onions ever so slightly. Enjoy!

Notes

Kombu: Kombu may have a whitish powder, these are crystallized minerals, so don't rinse! Marine Coast & Emerald Cove can be found at most health food stores. You can save and re-use kombu for a second batch, however, the flavor will be less distinct.

Miso Paste: There are several varieties of miso (red, white, yellow). Generally, the darker the color, the longer it has been fermented, and the stronger the flavor. Westbrae, Miso Master, & Cold Mountain can be found at most natural food stores.

Additions: You may also choose to add wakame, another type of seaweed that is often

served in miso soup, to your finished broth. While kombu is edible, wakame has a more delicate flavor and texture.