

## Miso Vegetable Soup

### Ingredients:

- 1/2 medium onion, chopped
- 2 teaspoons sesame oil
- 2 2" strips Wakame Seaweed, snipped
- 2 celery stalks, chopped
- 2 carrots, julienned
- 1/2 small daikon root, julienned
- 4 quarts water
- 1/2 small butternut squash, cubed
- 1/4 bunch swiss chard or kale, chopped
- 3/4 cup Miso, sweet blonde preferable
- 1 scallion, chopped

### Optional:

- 4 ounces cubed tofu

### Procedure:

1. Saute chopped onion in sesame oil
2. Use kitchen scissors to snip wakame seaweed into small pieces. Add to the sauteed onion and stir for 3 minutes.
3. Add carrots, celery and daikon to the mixture. Saute a few more minutes.
4. Cover with water and bring to a boil.
5. If using butternut squash, add it now.
6. After 10 minutes boiling time, bring down to a simmer and add swiss chard or kale.
7. Remove 2 cups of simmering liquid. In a separate bowl, blend the water and miso paste with a whisk until fully dissolved. Add back to soup and taste for miso strength. Add more miso in the same manner if desired.
8. If using tofu cubes, add them now. Simmer for 5 - 10 minutes.
9. Garnish with chopped scallions. Serve and enjoy.

*Cook's Notes: This is a calming soup for the digestive track. Be careful not to boil the miso as it will kill the live enzymes. It is not recommended for freezing. Serves 6.*