



Keep miso paste on hand for a quick and wholesome bowl of soup. My go-to is Shiro miso, commonly known as white miso, it is slightly sweet and less intense than the fully fermented red miso.

This soup revitalizes and settles your stomach and provides healthy minerals to the body. Add sautéed wild mushrooms for a meatier bite and ginger for spice and warmth. The bias-sliced scallions add a pop of color and crunch to this bowl of deliciousness.

Miso-Ginger **MUSHROOM SOUP**

INGREDIENTS

Splash of olive oil

Half pound King trumpet mushrooms, stems chopped and the tops thinly sliced

2 cloves garlic, minced or to taste

Salt and pepper, to taste

3 cups/700 ml vegetable stock

2-3 cups/500-700 ml water

2-3 oz/60-90 grams miso paste, to taste

3 sheets of dried seaweed

6-8 scallions, green tops, cut on the bias

1 inch/2.5 cm piece fresh ginger, peeled, grated, to taste

Salt and pepper, to taste

Optional:

For a boost of protein and iron, add 1 cup/250 grams of drained and cubed sprouted tofu and handful or two of fresh torn baby spinach leaves when you add the scallions.

METHOD

In a heavy saucepan, heat olive oil over low-medium heat. Score the large sliced mushroom tops in a zig-zag pattern. Add chopped stems and the tops to the pan. Sauté mushrooms and garlic until golden brown. Lightly season with salt and cracked pepper to taste. Remove from heat and reserve for plating.

In a large stockpot over medium heat, add the miso paste, grated ginger, and seaweed to the water and bring to a low boil. Allow to simmer for about 5 minutes; add scallions and simmer for 10 minutes.

To plate, divide the sautéed mushrooms between four bowls and gently pour in piping hot miso soup.