

Michiko's Gut Friendly Miso Soup

Miso soup is a meal, not a "liquid". With this recipe, you enjoy the full of rainbow vegetables, lean protein, and pro and pre biotics, perfect balance in gut health.

It's simple and ecology and ecology friendly, so why don't you make it in advance for busy weekday meals. Prefer organic veggies as we use skins for extra nutrients and ecology.

For 6 servings

Ingredients:

4 cup Water

3x3 inches Kombu (wiped)*

3-4 pieces Dried shiitake (wiped)*

1 Sweet onion, sliced fine

1 medium Potato diced (¼ inch)

½ medium sweet potato, diced (1/4 inch)

½ medium carrot, diced

½ pkg firm tofu (½ inch cube)

1 table spoon Dried wakame (dried seaweed) *

Any veges for your choice (radish, leaks...)

2-3 Table spoon miso paste (white prefer)*



1. Place water, kombu, an shiitake and onion, potato, and carrot in the medium sauce pot in high heat and bring to boiling with a lid.
2. Reduce to low heat and continue simmer for about 10 minutes until all vegetables get tender.
3. In a small bowl, combine the miso past and ½ cup soup from the pot until the miso past completely dissolved.
4. Add tofu and wakame and miso mixture into the pot over medium heat about 3 minutes, and finally add miso mixture, cook.
5. Serve into the bowl and garnish with thinly chopped scallion(optional)

Enjoy as you like !