
Chunky Miso Soup

Description

If you want to add more healthy protein to this recipe, Chef Michi suggests adding some cubed salmon or soft boiled egg. Otherwise this is a vegan meal that is satisfying and soothing to enjoy.

Total time: 45 min Yield: 4 servings

Ingredients

1 large onion (julienned)
drizzle cooking oil
8 to 10 cup water
1 sheet of konbu seaweed or 2 packets of vegetarian dashi
2 cup carrots (Asian cut*)
2 cup daikon radish (2" chunks)
1 cup dried whole shiitake mushrooms (soaked in water, drained & sliced)
1 block of medium or firm tofu (cut into 1" squares)
1/2 cup dried wakame seaweed
white miso paste (to taste)
1/2 cup sliced green onion

Prep Time: 15 min Cooking Time: 30 min Total Time: 45 min

Instructions

In a large pot, sauté the onion in oil until soft and pliable. Add the water, konbu or dashi and bring to a gentle simmer. Add the carrots and daikon and cook until very soft. If using konbu, you can remove at this time or incorporate some of it into the soup by slicing into thin, bite-size strips. Then, add the sliced shiitake mushrooms, tofu, wakame seaweed and miso paste. Season to taste by taking some of the broth in a small cup and whisking in miso paste, then slowly adding this concentrated mix to the soup.

Portion soup into serving bowls and top with a sprinkle of green onion.

**Chef's Note:* I like to use a chunky cut which I've labeled "Asian Cut" for stews, curries and this soup. After peeling your carrot, slice off the tip and top and start cutting with a diagonal slice. Roll the carrot a quarter turn, the slice again on the diagonal and repeat. The shape of the carrot pieces will be a chunky, angled shape.

Recipe brought to you by:

Chef Michi Holland