

Thai Miso Soup

This yummy soup is served warm.

Miso is not raw, so this soup is partially cooked but with lots of raw veggies. Substitute an all raw soup if you prefer to stay all raw or build a tasty salad using these ingredients.

½ cup daikon noodles *

½ cup (total) chopped veggies: use any of these: mushrooms, sunchoke, cabbage, carrot, fennel, zucchini, cucumber, celery

2 tablespoons chopped cilantro

2 tablespoons chopped parsley

2 tablespoons dulse flakes

5-6 pieces of small greens from salad mix, or thinly sliced kale, collard or chard

2 tablespoons of sprouts

Broth:

1 ½ cups hot water

2 tablespoons miso or more to taste

1 tablespoon agave, equivalent stevia or other sweetener

1 tablespoon lime juice

A pinch of finely minced garlic

A few drops toasted sesame oil (optional)

Put miso in a serving bowl, add a small amount of water, and stir, slowly add additional water until miso is dissolved. Add lime juice, agave, and garlic. Add the veggies and dulse, stir well. Taste and adjust flavors. Add a few drops of sesame oil and enjoy. You can add an additional ½ cup of water if you prefer.

*Note: if you don't have a spiralizer just make long slices of daikon with a vegetable peeler.

Note: you don't have to buy a foot long piece of daikon, just break off what you need, less than 4 inches of a thick daikon. Use the leftover in salads or for dips like guacamole or sunflower pate. It will keep for quite some time in your refrigerator.