

**MISO SOUP**

Although FMTV has a quick miso recipe, I prefer this one as it has kombu seaweed in it which is good for my thyroid.  This recipe is from ​***Eating Alive* ​by Dr. John Matsen**. You can buy his book at bookstores and I have even found copies at **thrift stores**. It’s a great layman’s guide for all digestive issues.

​Miso is a fermented food which contains probiotics.  The kombu, kelp powder and sea salt provide plenty of minerals and iodine which is critical to thyroid health.

**Ingredients:**

(use organic where possible)
​6 cups purified water or stock
4-6 oz. seaweed (wakame or kombu are best)
​1 large onion, chopped
2 carrots, sliced thin
2-3 stalks celery - chopped
​1-2 vegetable bouillon cubes OR 1-2 tsp. vegetable broth powder
1-2 Tbsp. oil
​1 tsp. parsley
​1/2 tsp. sea salt
Several dashes kelp powder

**Method:**

Sauté the onions and vegetables in the oil in a large pot.  Use a pot big enough to hold all the soup.  When the vegetables are tender and slightly transparent, add the water, seaweed and all the rest of the soup ingredients except the miso. Let the soup cook on low heat and keep it covered and hot. \*Remove 1 cup of broth from the soup and mix it with the miso.  When the miso is dissolved into the broth, mix it with the rest of the soup and let the soup sit covered about 5-10 minutes so the flavours can mingle. Do not cook the miso; that would destroy valuable vitamins and enzymes.  Serve the soup immediately when ready.  Leftover soup can be reheated slightly, but never let the soup come to a boil.

​\*I have amended this part when I make it.  I remove 2-3 cups into a big Pyrex measuring cup.  I let it cool, add the miso, then blend the soup with an immersion blender so it adds some body to the soup.  I return this to the pot and simmer for about 5 more minutes.