

Simple Miso Ginger Soup, Gluten Free, Vegan

Betty Brown, CAS

VPK

Serves 1-2



Ingredients: (use organic ingredients when available)

- 1 tsp. unrefined sesame oil or avocado oil
- 1 tsp. minced garlic
- 1/8 tsp. each: ground cumin, ground fennel, ground, coriander
- 1/8 tsp. ground turmeric
- 2 cups organic vegetable broth
- 1 square of Lotus Foods Gluten Free Millet & Brown Rice Ramen *
- 1 cup baby spinach leaves (or other baby green leaves)
- 1-2 tsp. organic white miso paste **
- Gluten free Tamari or coconut aminos
- Garnish options: thinly shredded nori, minced green onions, sesame seeds

Preparation

1. Heat a small sauce pan on medium heat, then add unrefined sesame oil and minced garlic, and ground spices. Sauté for few seconds being careful not to burn spices.
2. Add vegetable broth and stir.
3. Let the spicy broth come to a boil and then add the noodles.
4. Cook noodles according to directions. Usually, it takes about 3 -4 minutes to cook the Millet & Brown Rice Ramen noodles. When noodles are cooked, turn off the heat.
5. Take ¼ cup of broth and place in another bowl small bowl and cool until it is warm. Add to it the miso paste and mix. Set it aside
6. Add baby spinach leaves to soup and mix. Then add the miso + spicy broth mixture back into the pot and stir, mixing completely.
7. Ladle ramen into serving bowls and add gluten free Tamari or coconut aminos to taste.
8. Optional Garnish options: thinly shredded nori, minced green onions, sesame seeds

Note:

*Other noodle options: Vata: use whole wheat noodles since it is heavy, sweet, grounding. Kapha: use 100% buckwheat noodles since buckwheat is lighter and drier.

**I used Miso Master Organic White Miso. They also have miso made with chickpeas if you are avoiding soy.

Cumin, fennel, coriander and turmeric spices are not traditionally found in miso soups. They are included in this recipe to support digestion.

Coconut aminos are gluten free, cooling, balances Pitta dosha.