

Chickpea Miso, Ginger, Vegetable Soup **Betty Brown, CAS**

A light, nourishing soup perfect for these rainy summer days.

Ingredients / preparation

2-3 tsp toasted sesame oil
2 tsp. grated fresh ginger
1 tsp grated fresh turmeric
1 Tbsp fresh garlic chives
1/2 tsp ground black pepper

Heat sesame oil on low heat, then add spices and sauté for 20 seconds

6 cups of water
3-4 cups chopped seasonal garden vegetables (I used mushrooms, Swiss chard, radish + greens, tatsoi greens)
2 Tbs dried Wakame seaweed
2-3 tsp tamari

Add water, vegetables, wakame, tamari and simmer on low for about 20 minutes.

1/3 cup *Chickpea Miso by Miso Master
1/4 cup broth

Remove 1/4 cup of broth and place in a small bowl. Add 1/3 cup of chickpea miso to it and mix thoroughly.

Then return the miso broth back to the soup, and gently mix.

Serve by itself or over white basmati rice.

Enjoy

* Don't boil the miso and cook slowly on low heat to keep probiotic cultures live.

