

Miso Vegetable Soup

serves 6–8

This simple soup has tender vegetables floating in a thin miso broth. It is delicious, nourishing, and beautiful. I crave this when I am not feeling well.

1/2 pound firm or extra-firm tofu	1 tsp. tamari or soy sauce
2 T. olive or grapeseed oil	1/2 tsp. salt
1 c. onion, thin half rings	4 T. dark miso
1 c. carrots, thin half rings	6–8 c. vegetable stock
1/2 c. celery, thin 1/2 slices (opt.)	1 T. grapeseed or organic canola oil
3/4 c. cabbage, thin shreds	splash tamari or soy sauce
1/2 c. shitake mushrooms, stems removed, 1/4" slices	splash toasted sesame oil (opt.)
1 clove garlic	1 tsp. nutritional yeast (optional)
1/2 tsp. freshly grated ginger	
1 T. dry sherry or mirin (optional)	

Cut the tofu in half horizontally, place between two folded towels, put a sheet pan on top of the towel, and put heavy objects on the sheet pan (jugs of juice, vinegar, water, etc.). Set aside while the soup is prepared.

Heat the 2 T. oil in a soup pot on medium heat. Sauté the onion for 5–10 minutes, stirring occasionally. Add the carrots and sauté for another 5 minutes. Add the celery (if using), cabbage, shitake mushrooms, and garlic and sauté for an additional 5 minutes. Add the ginger, sherry or mirin, tamari or soy sauce, and salt and stir well. Cook for another 2 minutes.

Add the miso to a half cup of the stock and stir until dissolved. Add this plus the rest of the stock to the pot; turn the heat to low. If you use miso with chunks of soybeans, press through a strainer when adding to the soup. Don't allow the soup to boil now because the nutritional value of the miso will be diminished if it boils.

Heat the 1 T. oil in a frying pan on medium high heat. Cut the tofu into 1/2" cubes and add to the pan. Don't stir. After 2 minutes, add the splash of tamari and toasted sesame oil and stir with a spatula. Try to lightly brown as many sides of the cubes as possible. When most of the cubes are lightly browned, add the nutritional yeast and stir well. Add this to the soup pot and turn off the heat.

Serve this with some brown rice cooked with vegetable stock, broccoli or your favorite greens, and roasted sweet potatoes or winter squash for a nourishing, comforting meal.