

**Nobu's Hearty Miso Soup:
Repairs Digestion, Boosts Immunity and Cools Excess Heat**

This hearty soup helps to repair and nourish a weakened digestive system and it's full of delicious flavor. The ingredients below can be easily modified to make it your own. For instance, add more Miso paste if you want a bolder flavor or add more of your favorite vegetable. If you add bone broth, the soup becomes even more nutrient-dense and will nourish your Kidneys, Qi and Blood. The scallions and shiitake mushrooms make this soup very good for anyone feeling like they're about to catch a cold or flu or is already sick and wants to get better quicker. Daikon is very good to "cool excess heat" which is beneficial for skin problems, inflammation or hangover. The fermented miso is excellent for helping to reset digestion, particularly after rich, greasy meals or recovering from surgery or the chronic exhaustion of an enduring global pandemic.

Ingredients:

- 8 cups of water in a soup pot
- 4 Tbsp of Dashi Powder (look for a brand that doesn't add MSG)
- 4-5 Tbsp of Miso paste (note: Red Miso has a stronger flavor than White Miso)
- 4-5 stalks of scallions, cut into ½" small pieces
- 8-10 medium-sized shiitake mushrooms, stem cut off and sliced
- 1 small daikon radish, peeled and thinly sliced
- 1 small napa cabbage, rinsed and chopped

Serving size: 8-9 servings
Preparation time: 10 mins
Cooking time: 20-25 mins



Preparation:

1. Put water in a large pot and turn heat on high
2. Pour Dashi powder into pot, cover and bring to a gentle boil
3. Turn heat down to medium and put Miso into water, stir
4. Put scallions and shiitake mushrooms into pot, stir
5. Add remaining vegetables, stir
6. Turn heat up to high and as soon as water boils, turn heat down to low and cover pot
7. Let cook covered for 20-25 minutes

To serve, I like to put a small scoop of freshly made brown rice into each bowl and pour the Miso soup on top of rice. This soup is great for quick weeknight dinners!

Other nourishing ingredients you can include or substitute:

- Soft or medium tofu (organic, non-GMO tofu is ideal)
- Spinach or baby bok choy
- Black wood ear mushrooms (great for diabetics, anxiety and blood deficiency)
- Enoki mushrooms (make sure to slice off the stem)
- A few slices of fresh ginger (especially good if you have a cough, with or without phlegm)
- Ramen or rice noodles
- Yam or mung bean noodles (a terrific gluten-free noodle alternative and tonifies Blood, Qi and Essence)

East Bay Sources For These Ingredients

Almost any Asian grocery store will carry these items. My favorites are:

- Tokyo Fish Market, 1220 San Pablo Ave in Albany
- Koreana Plaza, 2370 Telegraph Ave in Oakland
- Berkeley Bowl, 2020 Oregon St or 920 Heinz Ave in Berkeley
- Monterey Market, 1550 Hopkins in North Berkeley
- Yaoya-San Market, 10566 San Pablo Ave in El Cerrito