Miso Soup With Shitake Mushrooms And Scallions

You'll love this rich, flavorful version of miso soup, hearty enough for a meal. Mushrooms are rich in selenium, copper, zinc and iron, all nutrients that make your thyroid run more efficiently while sulfur-rich scallions are a natural detoxifier. Iodine-rich sea vegetables, like kombu and seaweed, are commonly found at your local Whole Foods in the Asian food section.

Fermented soybean products – miso, tempeh, shoyu, natto, tofu and tamari –are a healthy staple in many Asian cultures and are eaten in SMALL quantities.

Unfortunately in the U.S., we have mass produced soybeans without traditional sprouting or fermenting methods in products like soy protein, soy milks soy nuts, soy meats, which have been linked to thyroid disease, digestive problems, reproductive disorders, cancer and other illnesses.

- 6 cups water
- 1 6-inch piece of kombu (kelp)
- 2 packets bonito flakes (katsuobushi)
- 12 ounces firm tofu, cut into half-inch cubes
- 1 strip wakame seaweed
- 6 shiitake mushrooms, stems discarded and sliced thinly
- 6 tablespoons white miso
- 4 scallions, minced

1. In a large pot, boil water. Add kombu and bonito flakes and boil for 8 minutes.
2. Remove kombu and strain the bonito flakes, so you're left with clear broth.
3. In the same pot with the clear broth, add cubed tofu, wakame, shiitake mushrooms and cook on medium-high heat for a few minutes.

4. In a small bowl, dissolve the miso paste in a small amount of hot water until creamy, then add the mixture to the soup and cook on low for 3 minutes. Garnish with scallions.