

## Miso Ginger Soup with Wakame and Vegetables

3 C vegetable stock	1 t Miso
1 T dried Wakame (seaweed)	1 C chopped Kale
1 C water chestnuts	1/2 lb shitake mushrooms
1/8 yellow onion, sliced	1 carrot peeled and chopped
1 T chopped Ginger 2 cloves garlic, chopped	*Optional rice noodles

Pour stock into pot or large sauté pan. Add wakame and simmer for 5 min. Add onion, carrot and water chestnut. Sauté for 2 min. Add ginger, kale and shitake mushrooms. Sauté for 3 min. Add garlic right before serving. Add miso and incorporate it in the liquid. (adding it last for just a minute preserves the probiotics)

