

## Miso Soup with Greens

2 cups water  
2 tsp Dashi powder  
¼ cup sliced onion  
1 cup chopped kale  
¼ cup firm tofu, cut into small bits  
3 tbsp miso paste



Miso soup holds a special place in my heart. It's my favorite breakfast, my favorite snack, and my favorite way to get probiotics in my diet. If you aren't familiar with miso paste, it's a fermented soybean paste that's salty, savory, and good for gut health. Oftentimes, if I'm working all day or running errands early in the morning, I'll make a simplified version of this soup with just dashi stock and miso paste and put it in a travel coffee mug to sip while I drive. I probably have some kind of miso soup 3 times a week.

If you have fresh dashi stock use that instead of the water and dashi powder. You might be able to find the powder, in a red and white package and labeled "Hondashi", in the international section of your grocery store, but I buy it in bulk from the Asian grocer near me. Yes, bulk. No, I don't have a problem. I'm definitely not addicted. Probably. You can also find miso at Publix, but generally they only have white miso, and I like the depth that having multiple kinds brings to the party.

The kale I used was kale I had massaged with lemon juice and oil and left in the fridge overnight. We had kale salads for dinner the night before and didn't use all the prepped stuff. I like the softness of the leaves when they're prepped this way, but you can absolutely use fresh, un-oiled leaves.

Put everything but the miso paste in a 4 quart stock pot, cover with a lid, and bring to a simmer over medium-high heat. Let it simmer until the kale is tender and the onions translucent, about 6 minutes.

While the pot is simmering, put the miso (I like a mix of red and white miso, but use whatever you've got) in a large bowl. Miso doesn't like to dissolve in hot liquid, so we've got to give it some special care. Add about a quarter cup of cold water to the bowl of miso paste and mix until smooth.

Once the vegetables are tender, turn the heat off and ladle about a half cup of the hot broth (try not to get the bits of veggies in the ladle) into the bowl of miso paste. Whisk until smooth. Pour this miso liquid back into the pot and stir to combine.

Serve immediately. Do not let the miso boil. Boiling miso paste kills off the beneficial bacteria in it. A bit of rice on the side is nice. So is a fried or poached egg.

A note: Miso is intense stuff. If you taste the final product and it's too salty, add a little more water and taste again until you like it. I like it very strong and often use double the amount listed here. Play around with it until you find the mix that suits you.