Healing Ginger Miso Soup

Ingredients
6 cups water
3 Tablespoons chopped fresh ginger
3-6 cloves garlic, chopped
1 strip wakame seaweed, broken into pieces
3 carrots, peeled and sliced
½ teaspoon red chili flakes (optional)
1-2 cups thinly sliced savoy cabbage
4 green onions, sliced into thin rounds
Handful fresh cilantro, chopped
2 Tablespoons tamari or coconut aminos
4-5 Tablespoons miso
2-3 teaspoons coconut vinegar or brown rice vinegar

Directions
1. Place the water, chopped ginger, garlic, seaweed, carrots, and chili flakes into a 3-quart pot. Cover and simmer until carrots are tender, about 10 to 12 minutes. Add the cabbage, green onions, and cilantro; simmer about 2 minutes more.
2. Turn off heat and add tamari or coconut aminos, miso, and vinegar. Make sure to get the miso completely stirred into the soup. Taste and adjust seasonings if necessary.

Yield: 6 servings

Recipe from “Nourishing Meals” by Alissa Segersten and Tom Malterre