

Mark's Kitchen

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Miso Mushroom Seaweed Soup

Ready in: 10 minutes prep time plus 1 to 4 hours steeping time,
(depending on personal preference)

Serves: 4

This week we are featuring a delicious recipe from [Healing Mushrooms](#), a great new book by my friend, Tero Isokauppila. This is an exciting debut, because this is the first book to focus on how adaptogenic and culinary mushrooms work to create whole-body health.

This unique twist on miso soup ups the ante on liquid health, thanks to a hearty addition of chaga, seaweed, and almonds. Your bloodstream absorbs nutrients more readily from liquid foods, so this soup immediately delivers high quantities of probiotics, fiber, protein, and good fats. We're going to guess that the layers of flavor will soon have you serving up seconds, so maybe make a double batch.

Ingredients:

- 2 tablespoons [chaga powder](#)
- 4 garlic cloves
- 1/4 cup unpasteurized miso (soy or chickpea)
- 1/4 cup extra-virgin olive oil
- 1/4 cup seaweed flakes (available at natural food and other specialty stores)
- 1/3 cup whole almonds (preferably soaked for at least 4 hours)
- juice of 1 lime

- 8 cups filtered water
- pinch of chili powder
- slivered almonds, for garnish (optional)

Step 1: In a large saucepan, combine the chaga powder and 8 cups of filtered water. Bring to a simmer over low heat. Simmer for 1 to 4 hours, depending on how strong you want the chaga flavor. Keep an eye on the broth as it simmers and add more water as it evaporates. (Tip: The longer the chaga steeps in the hot water, the stronger the chaga flavor will be and the more nutrients the soup will contain.)

Step 2: Once the chaga brew reaches your desired potency level, allow it to cool slightly before pouring it into a high-speed blender. Add the miso, garlic, olive oil, whole almonds, seaweed, lime juice, and chili powder and blend on high speed until the soup is smooth and frothy. Be super careful when blending hot liquids—you may choose to blend the soup in batches.

Step 3: Divide the soup among four soup bowls or large mugs and garnish with sliced almonds and additional chili, if desired.

Nutritional analysis per serving (one-quarter of the soup): calories 204, fat 20 g, protein 4 g, carbohydrate 5 g, sodium 132 mg