

M A R I N
ORIENTAL MEDICINE™

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Therapeutic Miso Soup

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Recommended Use: Therapeutic miso soup is a truly effective and delicious way to regularly support wellness and to eliminate toxins or dampness that accumulate in our bodies due to everyday modern life. If this basic soup is integrated into the diet on a regular basis, for three meals per week, then it provides a powerful, natural and effective method of regular detoxification, regulation of the digestive system, weight loss or management, balancing thyroid function, immune enhancement and health maintenance.

(Approximate measurements for 2 servings. Adjust to taste.)

Basic ingredients:

- **Wakame seaweed**, 1-3 three-inch strips. You can also combine this with some Kombu seaweed.
- **Onion**, amount to taste. (If you don't like onion, then it is not essential to use.)
- **Two or more root vegetables**; amount to taste. Always include both daikon radish and carrot.
- **Shiitake mushrooms**, amount to taste.
- **At least 2 other vegetables of your choice**; leafy greens such as Kale and Napa Cabbage are excellent choices; amount to taste.
- **Tofu** – use plain organic, firm or extra-firm tofu, cut in small squares.
- **Miso**, 1 - 1 1/2 Tablespoons., to be added after soup is cooked. Do not boil. This destroys the enzymes in the miso. As for the type of miso, many people consider Hatcho miso to be the best for general food therapeutics, but you can try any of the red, brown or white misos. You may enjoy mixing two types of miso, perhaps a dark miso and a light miso. There are many different types of miso such as chickpea or barley miso. Find several types that suit you and vary your use of them.

This is the basic recipe. The order in which ingredients are added is important to maintain the balance of Yin and Yang in the soup. Maintain this order, but vary ingredient amounts to taste. Because of the high salt content of miso, try to use less of this ingredient rather than more. Feel free to use other vegetables in addition to what is called for in this basic recipe. From the point of view of macrobiotic Yin-Yang Theory, the ingredients listed here are essential for a perfectly balanced basic soup. You may want to expand and explore from this foundation.

1. Bring 4-5 cups of water to a boil in a soup pot. As the water warms, add 2-3 strips of Wakame seaweed, or use 1-2 strips of Wakame and 1/2 strip Kombu seaweed. Allow the seaweed to soften and expand for a few minutes. Once the seaweed has softened, remove it from the water, slice into bite-sized cubes and return to the soup water.



*To reduce the salt content of seaweed, soak and rinse it for 3-5 minutes. Slice, and then add to the soup water.

2. Add sliced onion. Allow the water to come to a boil.

3. Add other root vegetables. The onion is your first root vegetable and should always be used as part of the basic recipe. Choose at least one other root vegetable. Carrot is a common and delicious choice. Daikon radish also works well, especially if you are concerned with Spleen Deficiency or Dampness.

4. Add sliced tofu at this point if you choose to use it.

5. Slice and add at least 2 other vegetables and boil. You can use any of your favorite vegetables. Some common additions are cabbage, broccoli, squash and your choice of green leaves. Try to use vegetables that are naturally in season such as sprouts in the spring, snap peas in the summer, etc.

6. When vegetables are almost done, turn off the heat. Ladle 1/2-cup water out of the soup into a cup or bowl. Mix 1 - 1 1/2 Tablespoons miso into the warm cup water, mashing it to break up as many of the clumps as possible. Mix this purée into the soup. You only need enough miso to lightly flavor the soup. Never over-use the miso. Because of its salty quality, overuse can cause or aggravate certain health problems.

Once the miso has been added to the soup, do not boil the soup again. Boiling miso destroys important enzymes and can give the soup an acidic taste. Allow the soup to sit 3-5 minutes and stir well to break up any remaining bits of miso. Serve.

Functions and Nature of Ingredients:

Seaweed (also called sea vegetable) – Cold and salty, it has a strong detoxifying function and is a valuable source of minerals and iodine; softens hardening of soft tissue, clears heat and neutralizes radioactive toxicity. It benefits the thyroid and purifies the lymphatic system and reduces cystic activity, lumps and nodules; drains dampness and reduces edema.

Onion – Warm, pungent/spicy, affects the Lung, Large Intestines, Small Intestines and skin. It promotes sweating, resolves phlegm and dampness, acts as a diuretic

Daikon Radish – Cool, pungent/spicy, Sweet, enters the Lung, Large Intestine and Stomach Channels; strongly transforms phlegm and damp accumulation in the lungs, skin and sinuses and yet does not create dryness, promotes a healthy moistness to permeate through the respiratory system and intestines. It is excellent to resolve phlegm from colds, bronchitis or flu. It purges toxins and dampness, reduces edema, certain types of headache, relieves symptoms of dysentery, indigestion and bloating.

Carrot – Cool, pungent/spicy and sweet. Carrot clears heat and toxins, and benefits all the organs of the body, especially the eyes. It moistens the intestines and promotes healthy elimination of bacteria



and improves absorption in the intestines; strengthens liver function, reduces stomach acid and helps to dissolve stones and tumors, has a strong alkaline effect on the entire body.

Shitake Mushrooms – Neutral, sweet, enters the Stomach and Large Intestine Channels and benefits the skin. Shiitakes have a strong antiviral, anti-cancer and general immune-enhancing effect, promotes oxygen entering into cells, reduces blood pressure and cholesterol. These need to be cooked well so add them at the same time as the root vegetables or you can saute them in water in a separate pan and then add them to the soup.

Napa Cabbage – Cool or slightly warm, sweet, affects the Lung and Large Intestine Channels. It clears heat, stops cough, moistens the intestines and benefits the skin, helps to resolve constipation, stomach ulcers and improves digestion, helps to calm irritability and resolve mental depression.

Kale – Warm, sweet and slightly bitter, benefits the Lung, Stomach and Liver Channels; relieves congestion in the lungs and sinuses, purifies the blood and liver, helps to resolve stomach or intestinal ulcers, a good source of iron.

Miso – Miso gives the soup its primary flavoring. High in protein, vitamins and minerals, there are many types of miso and you must find one that you like in order for this recipe to work for you. Dark-colored miso has a strong flavor and is more warming in nature. Many people prefer the lighter miso, sometimes referred to as “white miso” as it has a more mellow, smooth flavor. The lighter miso is also more cooling and benefits the Lungs, Large Intestines, Stomach and skin. Both light and dark have a strong alkaline effect, contain lactobacillus to promote healthy digestion and is a good alternative to yogurt for this purpose. It can help to neutralize many of the effects of radiation poisoning, smoking and air pollution. Traditionally miso is understood to promote over-all good health and longevity.

Always add miso only after the soup has been served into the bowl. This is because if you want to reheat the leftover soup, it will destroy the healing effect of the miso.

Suggestions for Additional Ingredients:

- Bullion, vegetable broth, chicken broth, beef bone broth or fish broth. If you do not like miso, any of these can substitute for flavoring, protein and a wide variety of healing qualities.
- Chicken - if you choose to add the meat, then I suggest you use it instead of the tofu.
- Egg; add during the final boil. It can be mixed into the broth or allow the yellow to maintain its shape while cooking.
- Kabocha Squash (also known as Hokkaido pumpkin - This squash looks like a green pumpkin. It is orange on the inside and green on the outside. It makes the soup especially sweet and delicious. Spoon out the seeds, cut off the green skin and slice the orange part of the squash into small 1-inch cubes. Add it to the soup immediately following the onions. This allows it to break up as the soup cooks creating a sweet flavor and creamy consistency to the broth. This vegetable is a strong Spleen tonifier. With kabocha squash in the soup, you may find that it tastes even more delicious the next day.



- Mochi - This is a hard brick made from sticky rice. It is usually cut up and baked or toasted into crunchy rice puffs. In soup, it breaks down to create a creamy, more substantial quality to the broth. Cut a portion of the mochi brick into small 1/4-inch cubes and add it to the soup immediately following the onions.
- Bean threads or rice noodles
- Cooked rice; add this only at the very end, or ladle the soup onto some cooked rice in a bowl.
- Uncooked Barley - add immediately following the onion. Since barley has a strong diuretic function, it is especially recommended for those concerned with Dampness, Damp-Heat, edema, urinary tract infections or certain types of inhibited urination.
- Quinoa – This will increase the protein content of the soup. Add ½ cup or more to taste and desired thickness of the soup. Add it raw in the beginning of the boil, just after chopping the seaweed and returning it to the pot. Quinoa will add a certain sweetness to the broth and the curly kernels are a total delight dancing in the soup.
- Garnish with chopped ginger, parsley, scallions or parsley.
- Cornmeal – This is a wonderful option to add when reheating the leftover soup for a morning meal. Find the finest cornmeal possible and sprinkle into the soup as you stir to avoid clumping. Add slowly so that it has time to thicken. It will create a tasty groll. Its wonderful to add an egg to this brew. Scramble it in a bowl then add or break open the egg and drop it in directly.

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