

## Daikon Miso Soup

Umeboshi tea, taken warm, helps combat fatigue, improve circulation, and aid digestion.

Soak daikon in the 6 cups water for 10-15 minutes, then squeeze out excess water (reserve soaking water). Chop daikon and combine with soaking water in a medium-sized saucepan. Bring to a simmer, add sliced carrot and simmer 10 minutes. Add greens and simmer 5-7 minutes more. Remove from heat. Dilute the miso in a little of the broth and add to soup. Allow it to sit a couple minutes before serving.

### Preparation List:

#### **Serves 4**

- 6 cups lukewarm water
- ½ cup dried daikon
- 1 carrot, sliced
- 1 - 1½ cups chopped kale or mustard greens
- 4 level tablespoons Barley Miso or Brown Rice Miso