

## Miso Soup With Maitake

This soup is a delicious way to give your immune system a boost. Substitute other spring vegetables, if desired, and cook until tender.

Soak the maitake in the water for 20 minutes. Bring the water and mushrooms to a simmer, and gently cook the maitake for 15 minutes. Add tofu and simmer one minute, then add watercress and simmer 1 minute more. Remove from heat. Dissolve the miso in some of the stock and add it to the soup. Serve with a garnish of slivered green onion.

### **Preparation List:**

#### **Serves 4**

- 5 cups water
- 1/3 cup dried maitake mushrooms
- about 2/3 pound fresh tofu, cut into 1/2-inch cubes
- 2 cups watercress, chopped into 1 1/2-inch lengths
- 3 tablespoons brown rice or barley miso
- slivered green onions to garnish