Alicia's Magical Healing Soup

Description

Welcome to your new chicken soup. You can use any vegetables you like. Consider adding lotus root, burdock root, dried shitake mushrooms (presoaked), collards, kale, garlic, bok choy, cilantro - anything that sounds good to you. And although they're nightshades, I even use a little potato and tomato once in a blue moon if it feels right.

Summary

Yield: 2
Source: The Kind Diet by Alicia Silverstone
Prep Time: 15 minutes
Category: Soups

Ingredients

- 1/2 medium carrot, cut into large chunks
- 1/4 medium daikon, cut into large chunks
- 1 red onion, cut into large chunks
- 2-3 celery stalks, chopped
- 3-4 broccoli florets
- 4 Button Mushrooms, sliced
- 2 trumpet mushrooms, sliced
- 1/2 medium leek, halved then cut into large chunks and swirled in a bowl of water to dislodge any grit
- ginger juice to taste (grate a 1" piece and squeeze out the juice with your fingers)
- 1 whole scallion, roots and all, thinly sliced on the diagonal
- 1/4 bunch watercress, tough stems discarded
- mochi, chopped or shredded (optional)
- toasted nori pieces (optional)

Instructions

1. Bring 3 cups of water to a boil in a large pot. Add the carrot and daikon. Reduce the heat to a simmer.

2. Add the red onion, and cook for 2 to 3 minutes.

3. Add the celery, broccoli, mushrooms and leek. Add the ginger juice to the broth to taste. Simmer until the vegetables are cooked through but still slightly firm, about 5 minutes.

4. Add the scallion, and turn off the heat. (If you prefer the scallions raw, add them just before serving.)

5. To serve, ladle the soup into bowls. Top each serving with some watercress, mochi, and nori.

Notes

You can make this soup into a miso soup by adding about 2 to 3 teaspoons of miso paste at the end. Dilute the miso with a little soup broth, and add it to the soup at the end of cooking, allowing it to simmer for about 2 to 3 minutes.