

Roasted Mushroom Kimchi Soup

Serve 3-4

Equipment Needed:

Baking Dish
Saucepan
Measuring cup and measuring spoons
Cutting board and knife
Spoon or spatula for mixing

To Make the Recipe:

2-3 tbsp olive oil or ghee

4 cups mushrooms, with stems, sliced (your choice: crimini, shitake, portabello, oyster*)

1/2 cup white onions, chopped

1 tsp sucanat or yellow sugar

4 cloves of garlic, chopped

Sea salt and pepper

2 tsp grated fresh ginger

Juice of 1 lime

2 cups vegetable or chicken broth (extra can be added if desired)

1/2 tsp dried basil

4 cups fresh spinach, chopped

1 cup zucchini half circle slices

1 – 1 1/2 tbsp unpasteurized miso paste, or to taste

1/2 cup enoki mushrooms (cut off the root part at the end)

1 green onion, chopped (for garnish)

To Prepare The Mushrooms: Wash. Cut off the very end of stem. Cut off stems (except for the crimini) and chop or slice the stems into pieces. Slice the heads of the mushrooms. If using portabello, peel the skin off the top of the mushroom. For the oyster mushrooms, cut off the bottom to allow all the fans to separate.

Preheat the oven to 400 degrees. Place the mushrooms, stems, garlic and onion in in a baking dish. Add the olive oil to lightly coat the mushrooms and sprinkle in the sucanat or sugar. Roast in the oven (uncovered) for 20-25 minutes until the mushrooms are cooked. Remove from the oven and add the lime juice and ginger. Set aside. Place a saucepan on medium-high heat.

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Add the broth and bring to a boil. Add a pinch of sea salt (remember that miso and kimchi are salty tasting) and pepper (to taste). Add the zucchini and cook for 1-2 minutes. Then add the spinach. Cook for another 1-2 minutes. Remove from the heat and add the mushrooms and the miso paste. Taste and adjust the taste with sea salt if needed. Remember the kimchi will be adding more salt taste. Mix it all together. Add the enoki mushrooms. Mix. Serve the soup and top with the kimchi and green onions.

Note 1: If you are in a hurry and do not have time to roast the mushrooms, you can saute them instead. Place a saucepan over medium heat and lightly saute the onions in the olive oil until slightly translucent. Add the garlic and mushrooms and cook until the mushrooms are the texture you like. Add the broth and follow the recipe as above.

Note 2: Other vegetables can be added. If they need a longer cooking time then add them to the broth before the zucchini and cook until they start to soften and then add the zucchini and the spinach as instructed above.

Note 3: This can be made into a whole meal by adding cooked brown rice for extra carbohydrates and legumes, meat or fish for extra protein.

*Oyster mushrooms can be roasted to be crispy. Roasted separately with olive oil and some of the garlic for 45 minutes at 400 degrees F. Setting them aside is best if you want them to stay crispy. They can also be cooked ahead of the other mushrooms for 20 minutes and then add the rest of the mushrooms and continue cooking all together. The oyster mushrooms will be crispy. However, if you add the sugar to the mushrooms they will make the whole mixture more liquidity and they will not be crispy.

1/2 - 2/3 cup kimchi, drained and chopped