

# Butternut Miso Soup with Sea Vegetable & Wasabi

This light and bright soup comes together very easily and is an inviting start to a fall or winter meal. The beta-carotene present in deep orange, yellow and dark green leafy vegetables is healthy for skin and mucus membranes, our immune system, and good eye health and vision. Taking in anti-oxidants such as beta-carotene may lower your risk of heart disease and cancer. All in a steaming bowl of soup...

## Ingredients

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- ½ cup / 10 grams dried hijiki or arame sea vegetable
- 1 large yellow onion
- ½ teaspoon fine sea salt
- 6 large cloves garlic
- 2 ½ Tablespoons / 25 grams fresh ginger root, minced
- approximately 3 pounds butternut squash
- 2 Tablespoons organic coconut oil
- 4 cups water, more if needed
- ¼ cup white miso, more if desired
- 1 teaspoon wasabi powder
- 3 Tablespoons black sesame seeds (optional)

## Method

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Place the hijiki or arame in a medium bowl and cover with a few inches of water. Let soak while you cook.

Roughly chop the onion, mince the garlic and ginger. Peel and cube the butternut squash.

Melt the coconut oil in a large soup pot over medium-high heat. Add onions and salt, cook for about 10 minutes, stirring occasionally until the onions are translucent. Add garlic and ginger, stir and cook for another couple of minutes. When fragrant, add butternut squash, stir and cook for 4-5 minutes with the lid on. Add water, replace lid, bring to a boil and reduce to simmer. Cook until squash is tender, about 15 minutes.

While the soup is simmering, toast the sesame seeds by placing them in a small skillet over medium heat. Stir occasionally until they begin to pop. Remove from heat and let cool completely.

Blend soup on high until completely smooth by either transferring carefully to a blender or by using an immersion blender. Add more water to thin, if necessary.

Place miso and wasabi powder into two small, separate bowls. Add a bit of soup to each bowl, stir well, then add just the miso blend to the soup and blend once again to incorporate. Taste and adjust seasoning if desired. Keep the wasabi to the side until serving.

Drain and lightly rinse the hijiki or arame.

To serve, place the piping hot soup into bowls, drizzle with the wasabi and swirl, sprinkle with sesame seeds. Top with a handful of hijiki or arame.

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Source: inspired by <https://www.mynewroots.org/site/2018/11/butternut-miso-soup-with-aramé-and-wasabi/> (Servings: 4 | Yield: 8 cups)

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