

Spicy Fermented Vegetable Soup

Ingredients

6 cups water or vegetable broth
2 cups broccoli florets, sliced
½ cup mushrooms , sliced
½ cup kimchi
4 Tablespoons yellow miso
2 green onions, chopped
optional ½ bunch Thai basil and/or fresh cilantro for garnish

Method

Add water along with broccoli and mushrooms to a medium pot and bring to a boil for 3-5 minutes, until vegetables are just tender. Remove from heat. Add kimchi, miso and green onions. Garnish with fresh herbs if you like. Serve hot.

Notes



This soup is dazzling in its simple goodness that comes together in minutes. Challenge yourself with all the ways you can make this soup. Asparagus and leeks in the spring, spinach and diced early potatoes in early summer, kale and sweet potato in the fall, this version in the winter or early spring.

Try pairing a deeper miso such as red miso with the fall and winter soup or a lighter miso such as aduki or garbanzo in the spring.

If any is leftover, it makes a delicious meal with added whole grains, cooked beans and a different fermented food such as sauerkraut or black bean paste. Sky is hardly the limit...

Source: [Sonnet, insonnetskitchen.com](http://sonnetskitchen.com) (4 servings)