

**Shiitake Miso Soup**  

**½ tsp. sesame oil**

**6 -8 shiitake mushrooms, sliced**

**1/3 cup celery, sliced**

**4 kale leaves, chopped**

**1 clove garlic, minced**

**1/2 tsp. fresh ginger, grated**

**Sauté the above ingredients and add to 1 packet of instant miso soup prepared with 2 cups of hot, but below boiling water.**

**Note: I use this instant Miso soup from Trader Joes for a faster option. Miso is also available in paste that you mix with water and in prepared cartons.**

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