

# SANDY'S MISO SICK DAY SOUP

## INGREDIENTS

¼ onion, large dice  
½ cup shelled edamame  
1 in. grated ginger  
1 tbsp dried wakame seaweed  
1 clove garlic, minced  
2 stalks asparagus, ½ in slice  
4 mushrooms  
2 tsp tamari  
2 cups water/vegetable broth  
pinch of cilantro  
1 tbsp miso paste

## DIRECTIONS

1. Sweat onions, mushrooms, ginger, garlic in small amount of water/vegetable broth until fragrant (around 3-5 minutes).
2. Add edamame, seaweed, asparagus, and tamari. Sauté around 1-2 minutes. Add the rest of water/broth. Cook until al dente, around 15-30 minutes.

