Healthy Immunity Miso Soup/Stew
By Dana Davis

1 onion, chopped
Organic olive oil
Filtered water (I use a quart or more)
Stick of Astragalus (found at herb stores or Asian markets)
Organic Shitake mushrooms (maybe 1 cup)
Fish if you like (I used canned "kipper snacks" or smoked herring)
Organic vegetables, chopped (I often use greens, daikon radish, carrots, broccoli or yams)
Seaweed (hijiki, kombu and dulse are good)
3-4 cloves garlic, pressed
Organic tamari or soy sauce to taste
Organic miso (I use red mellow miso)

This recipe has lots of flexibility. I make it differently every time. Add whatever veggies you like and have on hand. Organic products are very important, especially if you're feeling sick or run-down. You don't need extra pesticides to clear out of your body when you're in that state.

- Saute onion in a few Tablespoons of olive oil.
- Once they are translucent, add water, astragalus and shitakes and bring to a boil.
- Add fish, broken into bite-sized pieces.
- Add chopped vegetables and seaweed.
- Once it's boiling, cover and reduce to a simmer.
- You can cook the shitakes longer before adding fish & veggies if you like; they benefit from long cooking times.
- After vegetables and fish are thoroughly cooked, turn heat off.
- Add pressed garlic and tamari to taste.
- Place several Tablespoons of miso in a bowl and add some of the water. Stir until it is a thin paste, and then add back to the pot.
- When reheating, do not bring to a boil (this damages the beneficial properties of the garlic and miso).
- Enjoy!