

# Alicia's Magical Healing Soup

## Description

Welcome to your new chicken soup. You can use any vegetables you like. Consider adding lotus root, burdock root, dried shitake mushrooms (presoaked), collards, kale, garlic, bok choy, cilantro - anything that sounds good to you. And although they're nightshades, I even use a little potato and tomato once in a blue moon if it feels right.

## Ingredients

- 1/2 medium carrot, cut into large chunks
- 1/4 medium daikon, cut into large chunks
- 1 red onion, cut into large chunks
- 2-3 celery stalks, chopped
- 3-4 broccoli florets
- 4 Button Mushrooms, sliced
- 2 trumpet mushrooms, sliced
- 1/2 medium leek, halved then cut into large chunks and swirled in a bowl of water to dislodge any grit
- ginger juice to taste (grate a 1" piece and squeeze out the juice with your fingers)
- 1 whole scallion, roots and all, thinly sliced on the diagonal
- 1/4 bunch watercress, tough stems discarded
- mochi, chopped or shredded (optional)
- toasted nori pieces (optional)

## Instructions

1. Bring 3 cups of water to a boil in a large pot. Add the carrot and daikon. Reduce the heat to a simmer.
2. Add the red onion, and cook for 2 to 3 minutes.
3. Add the celery, broccoli, mushrooms and leek. Add the ginger juice to the broth to taste. Simmer until the vegetables are cooked through but still slightly firm, about 5 minutes.
4. Add the scallion, and turn off the heat. (If you prefer the scallions raw, add them just before serving.)



## Summary

**Yield:** 2

**Source:** The Kind Diet by Alicia Silverstone

**Prep Time:** 15 minutes

**Category:** Soups

## Alicia's Magical Healing Soup

5. To serve, ladle the soup into bowls. Top each serving with some watercress, mochi, and nori.

### Notes

You can make this soup into a miso soup by adding about 2 to 3 teaspoons of miso paste at the end. Dilute the miso with a little soup broth, and add it to the soup at the end of cooking, allowing it to simmer for about 2 to 3 minutes.