



## Miso, vegetable and tempeh soup

This recipe is excellent either if you are trying to lose weight or maintain your current weight. Tempeh is a fantastic and underrated ingredient that has many hidden values. Satisfying your hunger, reducing your cholesterol, increasing your bone density and enabling your muscles to recover more quickly. Now who can argue with that?!

### Ingredients

- 1 pkg tempeh, cut into cubes
- 1 TBS white miso paste
- 2 tsp Swiss vegetable bouillon (powder)
- Soy sauce
- 2 tsp olive oil
- 2 tsp sesame oil
- 1 TBS lemongrass, finely chopped
- 2 stalks celery, chopped
- 1 large carrot, chopped
- 1 leek, finely sliced
- 4 large leaves kale, ripped into small pieces (stem removed)
- 2 TBS parsley, chopped
- Handful bean sprouts
- 4 shiitake mushrooms, dried or fresh and sliced
- 2 TBS coriander, chopped
- 1.5-2 pints water

Serves 4

Recipe developed by Sharyn Singer

### Method



1. Saute the tempeh in 1 tsp olive oil until golden, then sprinkle with soy sauce. Heat through, remove and set to one side
2. In a saucepan, saute the celery, carrot, leek and lemongrass in the remaining olive oil and the sesame oil
3. Add the water and the bouillon, and simmer for 5 minutes
4. Add the remainder of the vegetables and mushrooms, except the bean sprouts and herbs
5. Continue to simmer for 10 minutes
6. Remove 2 TBS of the stock to a cup and mix in the miso paste
7. Add the paste back into the soup along with the bean sprouts, herbs and tempeh, mix through thoroughly and serve immediately



The Grange  
Welford Road  
Long Marston  
Stratford upon Avon  
Warwickshire  
CV37 8RH

07778 218009