

Miso Dumpling Soup

Serves: 1 Print

Ingredients:

- 3 dried shiitake mushrooms (I keep mine in the freezer)
- 1 cup boiling water
- ½ tbsp avocado oil
- ½ shallot, minced
- 1 clove garlic, minced
- ½ tsp ginger, minced (You can use fresh, ginger paste, or I use half of a frozen crushed ginger cube)
- 1 cup chicken stock (I mix 1 cup boiling water with ½ tsp Roasted Chicken Better than Bouillon)
- ¾ tsp soy sauce
- 1 serving frozen dumplings/wontons/potstickers in your preferred protein
- 2 tsp white miso paste
- ½ cup fresh spinach, chopped
- Sliced green onion and chili crisp, for garnish

Directions:

1. Add shiitakes to boiling water, and steep for 30 mins. Remove mushrooms. Either chop and saute the mushrooms with the shallots for the soup, or discard. Set mushroom broth aside.
2. Add avocado oil to a medium saucepan over medium high heat. Add shallot, and saute 3-4 mins til softened. Add garlic and ginger, and cook for 1 min. Add mushroom broth, chicken stock, and soy sauce. Bring to a simmer, reduce heat to medium low, and simmer for 15-20 mins.
3. Raise the heat back to medium high, and bring soup to a boil. Add dumplings and cook according to package directions. Also, take 1 tbsp of broth and mix it with miso paste in a small dish to thin out the paste. Once the dumplings are cooked, add spinach and cook for 1 min. Remove from heat, and stir in miso mix until fully combined.
4. To serve, pour soup into a bowl. Garnish with green onion and chili crisp, if desired. Enjoy!

Recipe notes: