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## Vegetable Miso Soup with Dulse & Wakame

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|----------------------------------|---------------------------|
| 1 cup Yellow Split Peas          | 2 medium Carrots, chopped |
| ½ oz Dried Mushrooms             | 1 large Potato, diced     |
| ¼ c Whole Leaf Dulse, cut        | 7 cups Water              |
| 4 strips Whole Leaf Wakame       | 3 tbsp dark Miso          |
| 1" Ginger, peeled and minced     | Generous splash of Tamari |
| 2 Shallots, cut into thin strips | Salt & Pepper to taste    |
| 1 clove Garlic, minced           |                           |

Rinse yellow split peas well, transfer to a bowl, cover with water. Soak beans at least 3 hours. Drain beans and set aside.

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In a small bowl, soak dried mushrooms in 1 cup hot water for 20 minutes. In another small bowl, soak wakame in 1 cup warm water for 20 minutes. Drain mushrooms and wakame, reserving soaking liquid. Chop mushrooms and wakame, set aside.

In a large pot, bring reserved soaking liquid to a boil along with remaining 5 cups water, ginger, shallots, garlic, potato, carrots, drained split peas and 2 tsp of the dulse. Reduce heat to low, cover and simmer until split peas are tender, roughly 30 minutes.

Meanwhile, place miso in a small bowl with ½ cup warm water and mix with a fork until miso is dissolved.

Add remaining dulse to the soup pot along with the wakame, mushrooms, miso, tamari, salt and pepper. Gently cook for another few minutes. Serve with brown rice for a healthy and balanced vegetarian meal.

Makes 6 servings.