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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Miso and Potato Soup Meal

By Dr. Donald A. Miller

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I previously described a Hearty Miso Soup Meal which gets some of its protein and bulk from angel hair pasta. Here is a variation on the theme, replacing pasta with potato. Both recipes provide a high protein meatless meal, low in fat.

These proportions are for one person, and can be adjusted to taste.

The tofu and miso can be found at upscale grocers, health food stores, Asian food stores.

Take potato that is about the size of a medium adult fist. Scrub, then place on a cutting board. With a sharp knife, cut lengthwise into four pieces, then crosswise into thin slices. Place in a pot with two cups of water and bring to a low boil. Plan on about 15 minutes for fork tenderness.

Add to pot anywhere from 1/4 to full tablespoon full of diced garlic, either fresh or dried, as is convenient. Or prepare some diced fresh onion.

Add to pot some green herbs, such as pre mixed Italian seasoning. 1/2 to full tablespoon works for me. Also add some fresh ground black pepper to taste. I find that pre ground black pepper has no taste.

In stead of meat, prepare two to four tablespoons of firm tofu, mashed with a fork.

Miso and Potato Soup Meal

In a small bowl or the measuring cup, place about a half cup of water. To this, add a rounded tablespoon of miso paste. With a fork, whip the miso until it is fairly well dispersed. Now add two fresh eggs and continue whipping.

When the potatoes are tender but not real mushy, add the miso and egg mix to the pot, and stir in. Turn off heat. Let pot stand a minute or so, then remove from stove. Cooling can be helped with one or two ice cubes stirred in, or 3 to 5 minutes placement in refrigerator.

If the miso has not added enough salt for your taste, add a

small amount of salt. Personally, I almost never add salt while cooking, as most prepared foods have salt added, such as miso.

These quantities were determined by trial and error. Vary to suit your own tastes.

This soup is a meal in itself, or divide and use as a side dish.

Bon appetit!

** Diet with FACTS, not MYTHS. **

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

Soy Recipe: Hearty Miso Soup Meal

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One of the highlights of a meal at a good Japanese restaurant is miso soup. This is usually clear, often with chopped green onions, diced tofu, oriental dried mushroom slices, and delicate spices.

For home use, several brands of dehydrated miso soup are available in oriental and health-food stores. But a better way is to make your own, customized to your taste. Here is

Miso and Potato Soup Meal

one of my recipes, which makes a complete meal. This soup is not clear.

Ingredients per person:

- * two cups water
- * angel hair pasta, about a half inch circle's worth
- * fresh miso paste, from health-food store or similar, about a rounded tablespoonful
- * one of the following enhancements ---
 - about half cup of diced or crushed firm tofu
 - one or two whipped eggs
 - the tofu with one egg
- *optional: green spice mix, fresh ground black pepper, diced onions or garlic, and tablespoon of a good soy sauce

These quantities were determined by trial and error. Vary to suit your own tastes.

The only negative about this recipe is that boiling miso can kill the healthful fermentation culture. If you have a food blender, you can pulverize the miso in some water, to add after the pasta is cooked. Otherwise, proceed as follows.

Place the water in a large enough pot, and bring to boil on stove top. Reduce heat, add miso, and use fork or spoon to break miso paste into small pieces. The angel hair pasta will cook in less than 5 minutes, as judged by it being very limp or by not being tough to bite test.

Add all other ingredients of your choice, and stir. The egg will be cooked by the soup into "egg drops".

Remove from heat. Cooling can be helped with one or two ice cubes stirred in, or 3 to 5 minutes placement in refrigerator.

Orientals would eat such a noodle soup with chop sticks, and a bowl that can be lifted to the mouth. Culturally deprived North Americans can use fork and spoon, alternating, to get a similar result.

This is a high protein meatless meal. I make it when I am in a hurry, or want something different for lunch, or just

plain feel in the mood. Divided in half, it can be a side dish for dinner.

Bon appetit!

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