

## Japanese Daikon & Carrot Soup

### Ingredients:

1 daikon radish, peeled and sliced

2 carrots, sliced

1 small onion, chopped

1 tsp grated ginger

1 tbsp tamari or soy sauce

4 cups vegetable broth

1 tsp sesame oil

Chopped green onions for garnish

### Instructions:

In a pot, sauté onion and ginger in sesame oil.

Add carrots and daikon, stir well.

Pour in broth and tamari. Simmer until vegetables are soft (20 min).

Top with green onions and serve warm.

### Health Benefits:

Daikon aids in fat digestion and liver detox, while carrots boost beta-carotene for skin health.