

Healing Soup – Mineral Rich Seaweed Sweet Potato

Serving 2

Prep Time 20 minutes

Ingredients

1 small sweet potato, diced

1/2 cup chopped kale or spinach

1/4 cup dried seaweed (like wakame), soaked

1 tbsp miso paste

2 green onions, chopped

1 clove garlic, minced

1 tsp grated ginger

3 cups water

1 tsp sesame oil

Instructions

1. In a pot, add water, seaweed, sweet potato, and garlic. Simmer for 10 minutes.
2. Add kale or spinach and green onion. Cook for 3–5 minutes.
3. Turn off heat. Stir in miso paste and sesame oil.
4. Let sit 2 minutes. Serve warm.

Health Benefits

This mineral-rich soup is deeply nourishing, supporting thyroid health, immunity, and skin.

Seaweed is high in iodine and minerals, while miso adds probiotics for gut health.