

Wei Qi (Change of Season) Soup

Ingredients:

- Shitake mushrooms sliced
- Grifola mushrooms sliced
- Coriolus mushrooms minced
- Gobo (burdock) root sliced
- Beans (mung, black, adzuki) soaked overnight
- Seaweed (hiziki, kombu, dulse) small amount
- Vegetable stock

Simmer mushrooms, gobo, beans and seaweed just below a boil for about 2 hours in veggie stock.

Add, (fresh if possible), in the last 10 minutes:

- Parsley, Garlic, Sage, Thyme and Rosemary
- Mince herbs and mix with a little olive oil.
- Add Miso to serving bowl.

If you make a large pot, only re-heat the day's portion and keep for only three days total.