



Autumn Recipes

Consommé with Watercress

Makes 3 to 4 servings

A consommé is a French soup based on seasoned meat stock. This vegetarian version features a vegetable-soy sauce broth with a wonderful rich flavor. Shiitake mushrooms are known to prevent tumor growth and lower cholesterol. Kombu contains all 79 minerals and trace elements that exist in nature, and imparts this bounty to those who drink this soup. Kombu also removes toxic substances from the body.

5 cups water
4 shiitake mushrooms, thinly sliced
3-inch piece kombu sea vegetable
Soy sauce to taste, up to 3 tablespoons
4 sprigs watercress for garnish

1. Bring water to boil with mushrooms and kombu. Simmer covered for 10 minutes. Remove kombu. Add soy sauce to pot and cook for another minute. Garnish with watercress to serve.

Variation: Substitute arugula for watercress.