



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Triple Warmer Soup

- 6 organic Carrots, washed and sliced into coins
- 4 organic Collard Green leaves, destemmed and chopped
- 3 medium sized organic Turnips, washed and diced
- 2 cups of chopped Okra, organic if possible (if fresh is not available, consider frozen)
- 1 head of organic Cauliflower, washed trimmed, and florets separated
- 1 large organic Yellow Onion, peeled and diced
- 1 cup dry Hijiki Seaweed
- ½ teaspoon organic Dark Miso (or alternative) for each bowl, reserved to be added at the time of serving



1 to 2 tablespoons of fresh washed and chopped organic Parsley for each bowl, reserved as garnish to be added at the time of serving.

1. Place hijiki seaweed in a strainer or colander and place that in a bowl of water to soak for at least 30 minutes. This process will soften it and remove the excess salt. Drain the water and rinse your seaweed thoroughly. (You can add this mineral- rich liquid to your compost or sprinkle it around plants, recognizing that it is quite salty but rich in many other minerals, especially iodine.) Then soak the hijiki for an additional 30 minutes and rinse again. Reserve the seaweed until the last hour of cooking.
2. Prepare all vegetables and put them in your slow cooker. Add water or [vegetable stock](#) to cover the vegetables. Cook on high temperature for 2 to 3 hours. Then turn to low temperature and cook for approximately 4 additional hours, you can check for your desired texture and adjust the time accordingly. Add soaked hijiki seaweed to the cooking soup for approximately the last hour of cook time.
3. Prepare each bowl for serving at the table. Add one half teaspoon organic dark miso to the bottom of each bowl. Slowly add the warm soup and stir to mix the miso throughout the serving of soup. It is best to avoid heating miso on the stove to retain its friendly microbe content. If you want to avoid soy, select a garbanzo bean-based miso or another soy free option. If you want to totally avoid miso, simply add desired seasonings at this point. Garnish each bowl with 1 to 2 tablespoons of fresh chopped parsley. Enjoy your warming and Triple Warmer balancing soup.