

Whole30 Daikon Noodle Soup



Daikon root is a mild-flavored winter radish popular in Japanese cuisine. It is also found in many other popular lifestyle diet recipes. Although it used to be difficult to find in some places, it is now carried by many regular grocery stores due to its growing popularity.

Here, Daikon root takes center stage because it is the perfect choice for spiral slicing into ramen-like noodles. What's more, it pairs beautifully with the more robust flavors of caramelized onions and sautéed Portobello mushrooms.

Ingredients:

4" Daikon radish root
3 small white onions (or 2 medium)
3 T. coconut oil
3 T. vegetable stock
Salt and pepper, to taste
8 oz. baby Portobello mushrooms, cut into thin slices
2 t. dried basil
2 t. dried oregano
1 t. garlic powder
32 oz. vegetable stock

Garnish:

(optional)

3 green onions,
green parts only,
finely sliced

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Yield: 6 servings
Total Prep Time: 40 minutes

Special equipment: vegetable spiral slicer

Directions:

1. Remove outer skin of the Daikon root with a potato peeler. Using the smallest blade on a spiral slicer, spiralize the root into long, thin, spaghetti-like strands. For best results, trim the strands with kitchen scissors once they reach about 10-12" long. Place trimmed strands on clean paper towels to absorb excess moisture and set aside.

Continue next page

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Directions (continued):

2. Slice off the ends of each onion and remove the papery outer layers. Cut onion in half lengthwise (from root to tip). Then cut each section across the middle to form four sections. Cut each section lengthwise into long strips.

Tip: Don't cut the onions too thin, or they may burn while cooking.

3. Over medium heat, melt coconut oil in a large, heavy-bottomed skillet with high sides. (For best results, do not use a non-stick pan). Add onions and stir until coated.

4. Cook onions over medium heat for approximately 45 – 50 minutes, stirring every 5 minutes or so to ensure they cook evenly and don't stick to the pan. The exact cooking time will vary based on several factors, including the age of the onions and how many you cook at one time.

5. Once the onions reach the desired depth of color, add 3 tablespoons vegetable stock to deglaze the bottom of the pan. Add more if necessary to scrape up all the brown bits and then season the onions with salt and pepper, to taste.

6. Next, add the sliced mushrooms, dried herbs, and garlic powder to the pan with the onions and sauté until tender, approximately 5 minutes. Add remaining vegetable stock to skillet and simmer over medium-low heat until heated through, about 10 – 15 minutes.

7. Increase heat to medium and add Daikon "noodles." Cook for another 5-6 minutes and season with salt and pepper, to taste.

8. Ladle soup into individual serving bowls and garnish with sliced green onion. Serve immediately.



*"Healthy citizens are
the greatest asset any
country can have."*

~ Winston Churchill