

MISO SOUP

INGREDIENTS

- 3 T Miso
- 1/2 C Water
- 3 T Extra virgin olive oil
- 1 C Carrots (sliced thin but diagonally)
- 1 C Cabbage (shredded)
- 1 C Celery (sliced thin)
- 1/2 C Onion (sliced thin)
- 1 clove Garlic (crushed)
- 1/2 t Ginger (fresh) (grated)
- 1/4 t Ginger (powdered)
- 1/4 C Parsley (minced)
- 1 C Mushrooms (sliced thin) **OR** water chestnuts **OR** bamboo shoots **OR** a combination
- 6 C Water
- 3 T Tamari soy sauce (low sodium)
- 1/2 C Scallions (green onions) (minced)
- 8 oz Tofu (cut in 1" chunks)

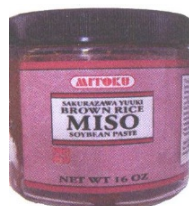


DIRECTIONS

- 1 In a small mix the 3 T miso with the 1/2 C water & set the bowl aside
- 2 Add the olive oil to a 4 qt pot & heat on a low flame
- 3 Add the vegetables & saute for 10 minutes
- 4 Add the 6 C water & bring mix to a boil
- 5 Simmer until the vegetables are tender (approximately 30 minutes)
- 6 Add miso mix & stir thoroughly but do not allow the soup to boil
- 7 Garnish with the scallions & tofu chunks
- 8 Keep soup warm until ready to serve

NOTES

- 1 Serve 6 - 8
- 2 KosherWoman.com has a page on Miso in the **COOKING** section of **KITCHEN**



Dashi is the sweet, smokey base used for most Japanese soups and some seasonings. Dashi is made from dried seaweed and dried bonito flakes, dashi is sweet and smokey but bland. Bonito, related to tuna, is a fish that is dried and then flaked.

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made from dried seaweed and dried bonito flakes. Bonito, related to tuna, is a fish that can be used in the kosher kitchen. Bonito, related to tuna, is a fish that can be used in the kosher kitchen, but the packaged dried flakes are not certified kosher,

ren, but the packaged dried flakes are not certified kosher. The skin of smoked whitefish or seaweed (for meat dishes) is also not certified kosher. So for the one-half to three-quarter cup of bonito flakes usually used in making dashi, the skin of smoked whitefish is not certified kosher.

shes) can be used instead of bonito.

h is used in this recipe. For meat dishes, use a vegetarian broth with the seaweed, and omit the whitefish skin