



Recipes

Soups

Sweet Onion Miso Soup

Prep and Cook Time: 1 hour

Yield: 4 servings

Ingredients:

2 teaspoons sesame oil
4 large onions, thinly sliced
Pinch of sea salt
1 quart water
1/2 cup shiitake mushrooms
2 tablespoons sweet white miso
2 tablespoons three year barley miso
Chopped parsley or scallion

Directions:

1. Heat oil in heavy soup pot and add onions with pinch of sea salt.
2. Saute on high flame for 1 minutes, then reduce flame. Cover and simmer for 30 minutes stirring occasionally.
3. Add water and bring to boil over high heat.
4. In a small bowl blend miso with 1/2 cup liquid from pot.
5. Reduce flame and add diluted miso. Simmer 4-5 minutes.
6. Serve garnished with fresh parsley or scallions

Adapted from South River Miso Co.