

Snowy Day Winter Soup

Ingredients:

Brrrrr!!! This is a great soup to warm up to on a snowy day. Get the ingredients before the snow comes in, then enjoy your soup while watching the beauty of nature.

6 scallions, sliced
2 medium onions, sliced
2 carrots, sliced
2 parsnips, sliced
1 cup cabbage, sliced
1 cup chopped kale
1 tablespoon Three Year Barley Miso
1/4 teaspoon oregano (optional)
1 quart water
Fresh parsley chopped

Place root vegetables in order listed into a heavy soup pot. Add 2 cups water and cover. On high flame, bring to a boil. Reduce flame and simmer for 15-20 minutes. Add cabbage, kale and remaining water. Return to high flame and bring just to a boil. Reduce to medium flame and simmer 10-15 minutes.

In a small bowl, blend miso with 3-4 tablespoons liquid from pot. Reduce flame to low, add diluted miso and oregano. Simmer for 4-5 minutes and serve garnished with fresh parsley. (A cup of cooked rice or other whole grain can be added for a heartier soup). Serves 4