

Rice and Vegetable Soup

- 1/2 cup organic, short grain brown rice
- 6 cups water
- 1 medium organic onion, chopped
- 3 organic carrots, chopped in chunks
- 1 organic potato, peeled and chopped
- 1 parsnip, peeled and chopped
- 1/4 cup mild organic miso
- 1/2 cup water

Place rice in a soup pot with 6 cups of water.

Add the onion, carrots, potato, and parsnip.

Bring to a boil, then lower the heat to medium.

Cover and cook for about 30 minutes or until vegetables are tender. Remove pot from heat.

Use a wire whisk to dissolve the miso and 1/2 cup of water in a small mixing bowl.

Add the miso broth to the soup pot and let set for another 5 to 10 minutes. Serve soup warm.

*It is important to never boil miso, or the healthy enzymes in the miso that are beneficial to the digestive tract will be destroyed.