

Miso Vegetable Stew

4 servings

1 large onion chopped

3 stalks celery chopped

1 carrot chopped

6 cloves garlic chopped

10 oz mushrooms sliced

1 tsp thyme

1 bay leaf

Celtic sea salt & fresh pepper

3 cup butternut squash peeled and cut into 1" cubes

4 cups stock (vegetable or chicken)

4 Tb ginger minced

2 cups broccoli cut into florets

2 zucchini cut into quarters & sliced

¼ cup parsley chopped

2 Tb red miso (you could use yellow also, red is a little heartier)

- Heat 1/2 cup of the stock in a large soup pot. Add onion, celery, carrots.
- Water sauté on medium heat covered for 5 minutes stirring frequently until soft.
- Add ½ of the garlic and mushrooms. Stir & cook 5 minutes, until the mushrooms are slightly cooked.
- Add thyme and bay leaf, a pinch of sea salt & fresh pepper. Mix to combine.
- Add squash and the remaining stock.
- Turn flame up to high, bring to a simmer. Cook 3 minutes until the squash begins to soften.
- Add ginger, rest of the garlic, broccoli and zucchini. Simmer until vegetables are almost tender 3-4 minutes
- Using a cup scoop out 1 ½ cups of the vegetables & stock blend until smooth. Return to pot.

- Simmer 2 minutes until thickened.
- Dissolve the miso in ½ cup of the liquid from the soup.
- Add to back to soup, mix to combine. Turn off the flame. Don't boil the soup once you add the miso as it kills the good bacteria in it.
- Add parsley
- Taste, adjust spices serve in bowls. Garnish with additional parsley