

## Miso Soup

1 carrot, diced  
1 yellow onion, diced  
1 yellow crookneck squash, diced  
2 scallions, cut into thin rounds or diagonals  
Barley miso, about  $\frac{3}{4}$  level teaspoon per cup or to taste  
Water

1. Place a 3 to 4 inch strip of wakame in a shallow dish and cover with water to soak. When the wakame is soft enough to cut, trim out the thicker spine from the wakame strip and cut into small pieces. Cut the leafy portion of the wakame into  $\frac{1}{2}$  inch pieces. Set aside.
2. Place the chopped onion, carrot and crookneck squash in a cooking pot. Add the wakame soaking water and additional water to make the desired volume of soup.
3. Bring to a gentle boil, cover and cook until the vegetables are tender.
4. As the water comes to a gentle simmer, add the wakame pieces.
5. Dip out a little soup stock and mix with the miso paste until the consistency is even.
6. Return the miso mixture to the soup and cook an additional 3 to 5 minutes. Take care not to boil the miso as the higher temperature will destroy the enzymes and beneficial live bacterial culture of the miso. The soup should steam but the surface not move as in boiling.
7. Place soup in bowls and garnish with thinly sliced green onion, parsley, celery leaf or watercress.