

Strong

CREAMY ONION AND CARROT MISO SOUP

5 medium onions, quartered

1-2 large carrots, cut in 2" pieces

4 Cup boiling spring water or filtered water

1 heaping Tablespoon rice cream powder

1/2 - 1 Cup boiling spring water or filtered water to dilute rice cream powder

1-2 Tablespoon barley miso

1 Tablespoon sesame oil (optional)

1. Warm oil in pressure cooker.
2. Add onions and stir.
3. Cover with a wet otoshibuta and pot lid.
4. Sauté until onions become transparent.
5. Add carrots on top of onion, mix, cover with the otashibuta and sauté 5 more minutes.
6. Add boiling water to cover vegetables. Bring up to pressure and cook 5 minutes under pressure.
7. Add remaining boiling water from the 4 Cup spring water or filtered water.
8. Dilute rice cream powder with the boiling water. Add to soup and cook 20 minutes.
9. Dilute miso in a little soup stock.
10. Bring soup to a boil. Shut off heat. Add diluted miso.
11. Serve a piece of onion and carrot in each bowl of soup. Garnish with your choice of finely chopped green onion, parsley, or watercress.