

## **Pureed Sweet Vegetable Soup**

### **Description:**

Vary the type of soup between miso and any other vegetable soup throughout the week. You can always add leftover millet, oats, rice or noodles to make the soup heartier. Use squash, onions, carrots, cabbage, parsnips, and corn on the cob as the basis for this relaxing soup. Always garnish soups with a generous serving of finely chopped fresh scallion, parsley, chive or other pungent green.

### **Preparation:**

Bring 4 cups of water to a boil. If you are using onion, add the onion first with a pinch of salt and let it boil uncovered for 1-2 minutes. Then add approximately 4 cups of the vegetable(s) that you have chosen and bring the soup to a boil. If you are not using onion, then put the amount of vegetable you are using in a pot, cover it with water, add a pinch of sea salt and bring to a boil and follow the rest of the directions.

Then cover the pot and lower the flame and let it simmer until the vegetables are soft. It can be anywhere from 10 – 20 minutes depending on the size of the cut of the vegetables. You can check by sticking one of the vegetables with a fork. Then by using a hand blender, regular blender or food mill (the last two options you pour the soup into the blender and hand mill) and puree the vegetables.

After the vegetables have been pureed, put back into the pot unless you blended it in the pot and add approximately ½ - 1 teaspoon of sea salt or shoyu, depending on taste, and let the seasoning cook in for an additional 5 –10 minutes. If you are adding freshly grated ginger juice, this is the time to do it.

Garnish your bowl of soup and serve.