

# Soup

## Miso Soup Base

*\*Vegan, Gluten-Free*

This marvelous miso soup base is easy to make and only requires a few ingredients. Make a good amount and keep the base in the fridge.

### You'll Need

- 1 teaspoon sesame oil
- 1/2 cup shallots – chopped
- 3 tablespoons miso paste
- 1 quart vegetable or chicken stock
- Salt if needed

### Directions

- Heat the sesame oil in a saucepan over medium heat. Add shallots and cook until translucent.
- Add the miso paste and mix well. Add stock and bring to boil. Reduce heat to low and simmer for 15 minutes. Adjust with salt if needed.
- Now you have broth. To this broth add your own foods. See suggestions below.



### Play with Your Food

Place broth in a bowl and add your own fixings. Suggested fixings:

- Cooked noodles of choice
- Fried egg
- Steamed carrots
- Steamed zucchini
- Steamed cabbage
- Cooked shrimp
- Sprouts
- Snow peas
- Seaweed
- Corn
- Steamed broccoli
- Green onion
- Get creative and come up with your own!