



This shi-ru (soup) is surprisingly easy, quick and irresistibly tasty. You can buy dehydrated miso soup vegetables and mixes at most Asian markets. Root vegetables are very popular in Japan, especially in the fall. You can also buy pre-prepared root veggie combinations, usually stored in the refrigerated section.

Ingredients

- Your choice of 1 ½ cups (375 mL) sliced vegetables
 - Carrot, pre-steamed
 - Parsnip, pre-steamed
 - Lotus root
 - Dried mushrooms
 - Dried seaweed
 - Celery, pre-steamed
 - Daikon radish, sliced fine
 - Burdock root, cooked

- Dried onions
- Chunks of precooked fish, shrimp, prawns, clams, or mussels (optional)
- ¼ cup (60 mL) miso paste (keeps stored in your fridge)

Instructions

1. Bring 6 cups (1.5 L) of water to a boil in a medium pot, then reduce heat.
2. Add your vegetables, dried ingredients, and (optional) seafood and simmer on low.
3. In a small bowl, mix your miso with enough water to make it slightly soupy (this will prevent later clumping).
4. Add miso mixture to the still warm (but not boiling) water. (Boiling miso destroys beneficial enzymes and flavor).
5. Serve immediately.

Makes 4-6 servings.

Serve with fresh greens with your choice of dressings and/or sliced cucumber topped with miso paste.