

Miso Soup

Perfect for a warm,
light supper

Heat 1 tsp-1TBS oil or ghee.

Cook 1/2 Red Onion & 1 tsp. ginger 5 minutes

Add 1 C. chopped root vegetables & cook 5-10 minutes

Add 2 C. water or vegetable broth & 1-2 TBS. Miso paste

Stir until combined & Cook 2-5 more minutes on low

Toss in handful bitter greens

Add salt & pepper to taste