

CARROT MISO SOUP + SEAWEED SNAPS

You'll want to add the miso to this soup after everything has cooked because once miso boils all the healthy benefits contained within it are destroyed. If you're not going to serve a crowd, you may want to divide the miso and soup into two portions and season half of it now and the other half after you reheat it later.

Serves 4, [Print Recipe Here](#)

1 Onion, Chopped

3 Cloves Garlic, Chopped

1 Tbsp. Oil

8 Large Carrots, Peeled + Chopped (about 5 Cups)

1/2 tsp. Coriander

6-7 Cups Stock (Depending on how thick you like it)

5 cm Ginger (2 inch)

3 Tbsp. Miso

1 tsp. Tamari

Garnish:

Lemon Wedges

Chili Flakes

Cilantro

1. Heat a medium pot to low and add the oil and onion. Sweat the onion until it turns soft and begins to become translucent. Add the garlic, coriander, and half the ginger (peeled and chopped). Stir for a few minutes then add the carrots and let them cook for a few minutes to mingle with the other flavours.
2. Next add 5 cups of the stock and bring the mixture to a simmer. Once it simmers, cover (slightly ajar is best) and let it cook until the carrots and onions are very tender, about 30 minutes or so.
3. Once the carrots are soft, take the soup off the heat and either carefully puree it in a blender, or use an immersion blender until it is 'souper' smooth (lol). Bring the remaining 1-2 cups stock (if you like a thicker or thinner soup) to a boil, take it off the heat, and stir in the miso and tamari until combined. Add this mixture to the soup and stir to combine. Before serving squeeze in some lemon and garnish with cilantro, chives, chili, or whatever you're feeling.