

Recipe – Barley Miso Soup

Ingredients:

- 12 cups of water
- 2 -3 Tablespoons tamari
- 1 large piece kombu
- 1/3 cup dried shiitake mushrooms, soaked according to package directions
- ¼ cup dry seaweed, wakame or arame
- ¼ brick tofu, chopped small
- ½ cup barley miso or more to taste

Directions:

Bring the water to a simmer with kombu and tamari

Simmer mushrooms and seaweed about 10 minutes

Add tofu and turn off the heat

Mix a little broth with the miso and break up clumps and return it to the pot

Do not heat after the miso goes in

Different miso pastes have different flavors and saltiness

Taste the broth and determine if it tastes too thin, and add more dissolved miso if needed

*Barley is a gluten grain and should not be eaten by anyone who is completely avoiding gluten