

## Veggie Miso Soup



### Makes:

10 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Roaster with Cover  
12" Electric Oil Core Skillet

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### Recipe:

### Contributed By:

Isis Israel  
Authorized Saladmaster Dealer  
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### Recipe Description:

This quick and easy miso soup is a nice variation to the traditional Japanese soup most are accustomed to. This recipe combines the staple ingredient, miso paste, with a variety of vegetables for added fiber and nutrients.

1 cup  
celery, sliced, use Cone#4  
(101 g)  
1 cup  
carrots, processed, use Cone #3  
(128 g)  
½ cup  
yellow onion, strung, use Cone #2  
(80 g)  
½ cup  
quinoa or couscous  
(85 g)  
4 cloves garlic, peeled, shredded, use Cone #1  
¼ cup  
Miso paste  
(60 mL)  
1 cup  
black beans  
(194 g)  
1 teaspoon  
fennel seeds  
(5 g)

mL)

1 avocado, ripe, pitted and sliced  
salt and pepper to taste

#### Directions:

1. Preheat electric skillet to 400°F/204°C.
2. Thoroughly rinse all 7 vegetables through yellow onions. Do not dry and place in skillet. Add quinoa (or couscous) and garlic and stir together. Roast for 25 minutes, until tender.
3. In roaster, heat vegetable broth to a high simmer. Stir in Miso paste.
4. Once the Miso is mixed into the broth, add all the roasted vegetables. Stir and add the beans. Reduce heat to low and continue to cook for 10 minutes, until quinoa is done.
5. Garnish with avocado slices.

#### Tips:

- You can make your own vegetable broth by combining 6 cups of water with 4 bouillon cubes (Isis Israel recommends using the Rapunzel brand).
- Vegetables may also be roasted in the 10" Electric Oil Core Skillet.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 127  
**Total Fat:** 4g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 793mg  
**Total** 19g  
**Carbs:**  
**Dietary Fiber:** 5g  
**Sugar:** 3g  
**Protein:** 5g