

LC Miso-Barley Soup

No. of people: 75

Carrots, chopped 6 lbs
Cabbage, chopped 5 lbs
Barley (soak overnight) 5 cups
Water 15 quarts
Miso Paste (dissolved in small amount of water) 4 cups

Directions:

Boil water with barley, cooking for at least 45 minutes. Longer cooking makes a creamier soup.

Add vegetables.

Continue to cook another 15-20 minutes, until vegetables are tender.

Turn flame down, place flame tamer under pot.

Add dissolved miso to soup, simmer a few minutes but **do not boil**.

Leftovers: This soup can be served as a savory breakfast alternative.