

## Light Miso Soup

Number of students:	25	50	75	100	125
Water (cups)	22 c.	43 c.	64 c.	86 c.	108 c.
Kombu seaweed, strips	3	6	9	12	15
Mushrooms (cups)	3 c.	6 c.	9 c.	12 c.	15 c.
Carrots	3	6	9	12	15
Tamari (cups)	2/3 c.	1 1/3 c.	2 c.	2 2/3 c.	3 1/3 c.
Light Miso (cups)	1 c.	2 c.	3 c.	4 c.	5 c.
Scallions (bunches)	1	2	3	4	5

### Preparation:

**Thinly** slice mushrooms and carrots in robot coupe or by hand and store covered in walk-in.

Rinse kombu and soak for the day in water to cover. Before cooking, remove kombu and slice **into very thin strips**.

### Cooking: Begin right after lunchtime cleanup.

Measure water (or reserved vegetable broth) into 2 pots, add half of the kombu to each pot, cover and bring to a boil. Turn down and simmer for 10 minutes. Turn off and leave covered on stove until 3:30 pm.

Right after the group meditation turn on the pots and bring back to a boil. Divide mushrooms and carrots between the two pots, as well as the tamari. Bring back to a boil then turn down and simmer for 10 minutes.

Divide the miso into 2 portions, dissolving each portion in a little hot (**not boiling**) soup broth. Stir dissolved miso into each pot.

**Let the soup sit (do not boil)** for five more minutes.

**Finely** chop scallions and serve in small bowls alongside as a garnish.