

Carrot Miso Soup

Adapted from [Smitten Kitchen](#)

Ingredients

- 2 tablespoons oil
- 2 pounds carrots, peeled, thinly sliced
- 1 large onion, finely chopped
- 4 garlic cloves, minced
- 1 tablespoon finely chopped or grated ginger, or more to taste
- 4 cups vegetable or chicken broth (if it is very salty use less and sub in water since the miso is salty)
- 1/4 cup white miso paste, or more to taste
- Drizzle of toasted sesame oil
- 2 scallions, very thinly sliced

Directions

Heat oil in heavy large saucepan over medium heat. Add carrots, onion and garlic sauté until onion is translucent, about 10 minutes. Add broth and ginger. Cover and simmer until carrots are tender when pierced, stirring occasionally, about 30 minutes.

Purée soup in blender or with an immersion blender. In a small bowl, whisk together the miso and a half-cup of the soup. Stir the mixture back into the pot of soup. Taste the soup and season with salt, pepper or additional miso to taste.

Ladle into bowls and garnish each with a drizzle of sesame oil and small mound of scallions.