

Vegetarian sweet potato soup

Serving 3

INGREDIENTS:

300 ml	Water
5 gr	Pine seeds
1	Sweet potato
3	Brown mushroom
3	Turnip small
10 gr	Miso
200 ml	Soy milk
1 pinch	Salt, Pepper (or depending on taste)
1 tbsp	Sesame oil

PREPARATIONS:

1. Roast pine seeds lightly.
2. Cut sweet potato, turnip, mushroom into 5mm pieces.
3. Heat sesame oil in the flying pan, and stir fry "2".
4. When vegetables get half-transparent, add 1/3 of water, and cook until water is reduced to half.
5. Add remaining water and roasted pine seeds, and bring it to boil.
6. Add soy milk and stir well.
7. Puree it with the blender.
8. Put it back to a pan, and add salt and pepper.