

# Miso-Tahini Squash Soup with Brown Rice

## Ingredients to serve 6:

- 1½ cups short-grain brown rice, cooked
- 2 Tbsp virgin coconut oil, melted, divided
- 1 diced sweet onion
- 2" piece ginger, peeled and diced
- 5 garlic cloves, finely chopped
- 5 cups homemade or store-bought vegetable broth
- 4 lbs. of a combination of squash, peeled, cut into ½" chunks, reserve about a pound in slices or chunks to roast and garnish
- 1½ cups thinly sliced Tuscan kale
- 5 Tbsp white miso paste
- ¼ cup tahini
- 2 Tbsp sesame oil
- 2 Tbsp brown sugar
- 2 scallions, white and pale-green parts, thinly sliced
- 2 tablespoons toasted sesame seeds
- hot chili oil (for serving; optional)



## Directions:

Preheat oven to 400 °. On a baking sheet, toss a pound of squash slices with 1 tablespoon of sesame oil and salt and pepper. Roast in oven for about 30 minutes until golden and tender. Remove and set aside.

Meanwhile, heat 2 tablespoons of coconut oil in a dutch oven over medium heat. Add onion, ginger, garlic and sauté until fragrant and just starting to brown for a couple of minutes.

Mix rice, 1 tablespoon of coconut oil, a pinch of salt, and 5 cups water in a medium heavy saucepan. Add squash to pot, stir to combine, season with salt and pepper to incorporate flavors. Add vegetable stock and bring to a simmer. Cover and continue to cook until vegetables are very tender (about 30 minutes).

Using an immersion blender or food processor blend soup until smooth. Keep burner on low and stir in kale to wilt and cook slightly (about 3 minutes).

Whisk miso, tahini, remaining sesame oil, and brown sugar and ¼ cup of warm water in a measuring cup to combine. Add ½ cup hot water and whisk until very smooth.

Stir into warm soup to incorporate along with prepared brown rice and adjust seasonings to taste. Divide among bowls and top with roasted squash, scallions, sesame seeds, and chili oil. Enjoy!