

Corn and Summer Squash Soup

1 onion, medium dice

1 tsp EVOO

2 summer yellow squash, thinly sliced

5 cups good quality water

4 ears of corn, kernels removed (may use cobs for stock)

2 tsp yellow miso

Scallions, gomasio or parsley for garnish

Sea Salt, only if necessary

Sautee onion in EVOO until soft. Add summer squash with 2 tbsp water and steam till wilted. Add remaining water and corn. Simmer for 20 minutes or until vegetables are soft. Blend with an immersion blender. Dissolve miso in a spoonful of water and add to pot. Add sea salt if necessary. Do not boil after adding miso. Serve hot or cold. Garnish as you wish.

From Barbara Vadnais, August 3, 2012

