

Recipe

Artichoke Soup 2

By

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Ingredients

Stock:

- 1 zucchini chopped
- 1 potato chopped
- 2 tomatoes chopped
- 2 carrots chopped
- 5 C water
- 2 bay leaves
- ¼ Tsp yellow asafetida powder
- ½ Tsp salt

Soup:

- 1 Tbsp olive oil
- ½ Tsp yellow asafetida powder
- 250gm artichoke hearts
- ¾ salt
- ¼ Tsp ground black pepper

Preparation

1. Prepare the stock by combining the vegetables, water, bay leaves, asafetida, salt in a saucepan. Bring to a boil, and then simmer. Cook covered for 30-40 minutes.
2. Heat oil in a saucepan over moderate heat. Add asafetida and artichokes. Cook for 2 minutes. Add the salt and pepper.
3. Pour the stock through a strainer. Add more water if required. Cover the saucepan; simmer until the artichokes are tender. Serve hot.

Serves

4-5

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