

## Recipe

### Buckwheat Soup (good for Ekadasi)

## By

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## Ingredients

1 cup buckwheat\*  
1 cup chopped carrot  
1 cup chopped celery  
1 cup chopped zucchini  
1 cup chopped tomato  
1 ½- 2 tsp salt  
10 cups water  
½ tsp pepper  
¼ tsp chili flakes  
1 tbsp olive oil  
1 tsp Italian seasoning  
1 tbsp cilantro leaves

## Preparation

Heat the pot with oil. Sauté all vegetables (you may use any vegetables you have) until tender then add tomato. Meanwhile, wash raw or roasted buckwheat. Add buckwheat, seasoning, and water in the pot and bring to a boil. Turn the heat to low and cover the pot and cook for 20 to 25 minutes. Before serving, add cilantro leaves. Buckwheat tends to absorb water easily, add more water if it gets to dry.

\*Buckwheat looks like grain but it is not grain. It is usually used to make noodles in Japan. Buckwheat husks are commonly used to make pillows in Japan and Taiwan. It is rich in protein and very filling. It is a great alternative for those who are allergic to wheat. Roasted buckwheat has a nutty flavor whereas raw buckwheat does not.

## Serves

4

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