

## Recipe

### Eight Beans Soup

## By

Madhavi d.d.



## Ingredients

¼ cup mung beans  
¼ cup red beans  
¼ cup barley  
¼ cup brown rice or wild rice  
¼ cup lotus seeds  
¼ cup pinto beans or any dark colored beans  
¼ cup raw peanuts  
¼ cup Chinese dates  
2 tbsp black sesame seeds  
1 cup brown sugar\*  
10-12 cups water

## Preparation

Soak all beans for at least 8 hours and soak lotus seeds, dates, barley, and rice for at least 30 minutes. Roast black sesame seeds for a few minutes in the pan. In a big pot, cook all the ingredients for 2 hours, covered. \*Traditionally it is cooked with rock sugar instead of brown sugar. Rock sugar can be obtained in most oriental stores. This soup used to be served in the loyal family only thousands of years ago.

This soup is best when it is served hot. This soup is great for those who have iron deficiency. Also for those who are pregnant or nursing. If you do not like it sweet, you may use salt instead of sugar.

## Serves

8

For further details please contact

[madhavidedasi@gmail.com](mailto:madhavidedasi@gmail.com)

[www.iskcondesiretree.com](http://www.iskcondesiretree.com)

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