

Recipe

Lotus Root Soup

By

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Ingredients

2 cup lotus roots*
1 cup lotus seeds*
1 cup chopped Chinese turnip/daikon (cubes)
1 cup chopped carrot (cubes)
½ cup goji berries
¼ cup chopped ginger
5-6 cup water
1 tsp white pepper
2 tsp salt
2 tbsp cilantro leaves

Wash lotus roots and seeds* (you can get lotus roots fresh when they are in season in a Chinese grocery store. If not available, you can get lotus roots in an Indian grocery store. Lotus seeds are white and dry and can be found in the oriental store).

Preparation

Chop everything and put all ingredients in a pot. Cook for an hour. When it is done, sprinkle cilantro leaves. This soup is good for digestion and to reduce mucus. Goji berries are good for vision! This is a very typical Taiwanese soup that is served in summer/fall when lotus roots are available.

Serves

Serves 4

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**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**