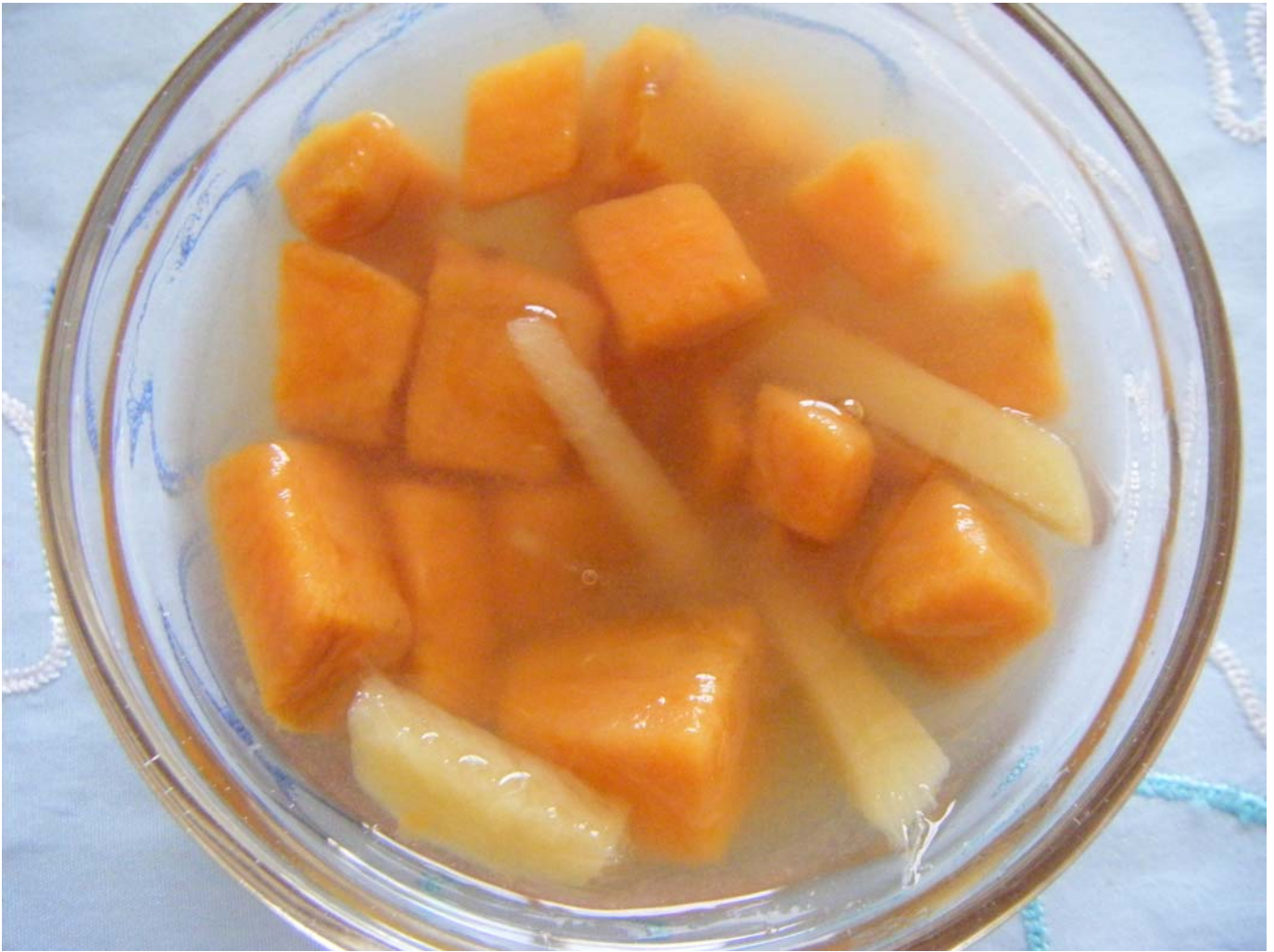


## Recipe

### Poor Man's Soup

## By

Madhavi d.d.



## Ingredients

2 large sweet potatoes  
¼ cup chopped ginger  
½ cup brown sugar  
6 cups water

## Preparation

In Taiwan, we do not eat sweets. However, sweet potato soup is one of the most common sweets that is served! This recipe is also good for Ekadasi! Before and during WWII, 90% of the residents in Taiwan could not afford to buy rice but sweet potatoes. Nowadays, everyone eats polished rice instead of poor man's food: healthy sweet potatoes!

Chop sweet potatoes into small cubes or pieces. In a pot, cook all ingredients for at least 20 to 30 minutes. The longer you cook it, the sweeter it becomes. The soup is hot because of the ginger. However, it is very tasty and loaded with lots of minerals and fiber.

## Serves

4

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Hare Rama Hare Rama Rama Rama Hare Hare