

Recipe

Tofu Tomato Soup

By

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Ingredients & Preparation

½ lb tofu, cut into small cubes
1 medium tomato, cut into small cubes
1/3 cup fresh corn kernels
1/3 cup peas
A few cilantro leaves
1 drop of sesame oil
4 cups water
1 tsp salt

Preparation

In a medium pot, boil the corn kernels and tomato for 10 minutes over medium heat. Add tofu cubes, peas, and salt and cook for another 10 minutes with a lid on over low heat. Add cilantro leaves and sprinkle sesame oil before serving.

*The soup is lite and sweet (because of fresh corn kernels). You may add whatever vegetables you have.

Serves

3 servings

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Hare Rama Hare Rama Rama Rama Hare Hare