

Recipe

Vegetable and Soy Meat Soup

By

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Ingredients

1 cup of soy meat (big chunks), seasoned and chopped
½ cup shredded spicy (seasoned) tofu
¼ cup dried lily flowers*
½ cup shredded carrot
3 cups shredded Chinese cabbage (or cabbage)
1 tsp dark sesame oil
10 cups water or vegetable broth
3-4 tsp salt
3-4 tbsp Chinese dark vinegar (made of rice)
2 tbsp oil
½ tsp white pepper

Preparation

Heat 2 tbsp of oil in the pot. Cook all vegetables and soy meat for 5 minutes (*lily flowers can be purchased in a Chinese grocery store and they need to be washed and soaked for at least 30 minutes before you use them). Add tofu, water, salt, white pepper, vinegar at this time and cook for a few minutes until it is boiling. Turn the heat to low and cover the pot. Cook the soup for at least 30 minutes. Sprinkle sesame oil before serving.

Serves

6-8

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Hare Rama Hare Rama Rama Rama Hare Hare**