Vegetable Soup
by Anand Lila devi dasi

Ingredients
- Carrot cut in round slices.........................1 C
- Squash cut in small cubes........................1 C
- Potato peeled and cut in small cubes.........1 small
- Green beans cut in 1 inch long pieces......½ C
- Tomato peeled and chopped coarsely........1
- Oil......................................................1 Tsp
- Asafetida.............................................¼ Tsp
- Dry celery...........................................½ Tsp
- Water................................................4 C
- Salt..................................................1 Tsp
- Black pepper......................................½ Tsp

Preparation
1) Heat oil in a saucepan; add asafetida, celery, all the vegetables and sauté for two minutes.
2) Pour the water over the vegetables, bring it to a boil, and add the salt and black pepper. Simmer, cover and cook till the vegetables are soft.
3) Take ¼ C of the cooked vegetables and process to a smooth puree while the soup is simmering. Add the puree to the soup and cook for five minutes.
4) Take off from heat; serve hot.

Serves
Four to Five

"Cooking & offering bhoga with love & devotion is also samadhi."