Vegetable Soup

by Anand Lila devi dasi

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

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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

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