

Recipe

Veggies with Black Soy Beans

By

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Ingredients

2 cups broccoli flowerets
2 cups chopped green beans
1 cup sliced orange pepper
½ cup roasted peanuts
1 tbsp black soy beans
½ tsp salt
12-16 Thai basil leaves
2 tbsp oil

Preparation

Heat oil in the pan, add black soy beans, pepper, and green beans. Cook the vegetables for 5 minutes then add Thai basil leaves, salt, and broccolis. Continue cooking for another 3 minutes or so (if it gets too dry, add some water). Add peanuts and cook for another 2 minutes. Garnish with Thai basil leaves before serving.

*You may use whatever vegetables you like. Black soy beans are good for cold (boil a ½ cup of black soy beans in 4-5 cups of water for 20 to 30 minutes) and they go well with all vegetables. Since they are salty, there is no need to add too much salt in your dishes when you use black soy beans.

Serves

2 servings

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