



Recipes

Soup

Magical Minestrone

Prep Time: 5 minutes

Cooking Time: 50-90 minutes

Yield: 4 servings

Ingredients:

½ cup lentils or azuki beans
1 inch piece kombu or wakame
1 cup carrots or winter squash, cut into chunks
4 cups water
Sea salt

Directions:

1. Place all ingredients in a pot and bring to a boil, uncovered.
2. Turn the heat down to low and cover.
3. Cook until beans are soft. For lentils about 1 hour and beans 1 ½ hours.

Notes:

Add ginger, garlic or any of your favorite spices.

- Soaking the beans ahead of Time reduces cooking Time to 50 minutes and enhances digestibility.