

VEGETABLE SOUP WITH SILKEN TOFU

INGREDIENTS

3 cups chopped vegetables

Olive oil

3 cups chicken or vegetable broth

1 silken tofu

PREPARATION

1. Fry the vegetables in olive oil. You can also steam or boil them.
2. Place vegetables, broth, and tofu in a blender and mix until smooth.
3. Season with salt and pepper, if tolerable.

Recipe from: www.noovomoi.ca

apainintheback.org

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