

Hope Soup

Vegetable soup broth

Ingredients:

Diakon Turnips 21lbs.

Burdock Root(Gobo Root) 8-10 oz.

Turnip Leaves 10-12 oz.

Carrots (organic) 8-10 oz.

Shitake mushrooms 3-5 pieces, sun dried, if fresh, sun dry them before use!

Chop vegetables into small pieces, add 1 gallon of purified water.

Bring to a boil, turn down to simmer for one hour (make sure you cover the pot).

Strain off vegetables, discard vegetables and store the broth in pint

Consume 1 pint of broth daily.

Rice soup

Ingredients:

Brown Rice

Toast rice in a large skillet, no oil, no water, (dry) stir rice over and over until all rice is golden brown, some rice, may begin to pop, this is fine, you may turn down the heat to inhibit popping. This will take about 20 minutes.

While you are toasting the rice start a pot of water to boil 8 cups.

When rice is toasted, dump the hot toasted rice into the boiling water, turn heat off the water and allow to sit for 5 minutes. Strain the rice and discard. Keep the rice broth in one pint containers. Duplicate the rice procedure two times to make enough rice broth to coincide with the amount of vegetable broth. You could make a double batch all at one time if you have extremely large skillet.

Consume one pint of rice broth daily. Do not drink the rice vegetable broth at the same time. Take one in the morning and the other in the afternoon.

If you can not find some of the ingredients contact Melissas Produce 1-800-588-0151 or www.melissas.com. Most produce managers know this company and they can order for you, if not you can order direct.