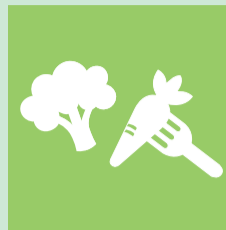


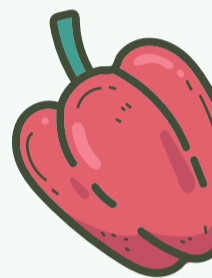
Chinese Vegetarian Soup Recipes 素湯水食譜

My Green Pledge:
Eat More
Vegetables



The world celebrates World Vegetarian Day on 1 October annually. PolyU organizes VeggieLicious at the beginning of every academic year to spread the message on a green and healthy dining habit. If you want to be part of us and show your support, try and make your vegetarian soup at home. Here are some recipes introducing you to veggie soups which are good for your health and easy to prepare.

Tomato, Potato and Lentil Soup 蕃茄薯仔扁豆湯



Ingredients:

- 450g (1lb) tomato (cut into small pieces)
- 450g (1lb) potato (peeled and cut into chunks)
- 200g green pumpkin (cut into chunks)
- 1 cup lentils (pre-soaked and drained)
- A few pieces of basil leaves
- 2.5 liter water
- 1 tsp Himalayan pink salt

(Makes 3 - 4 servings)



Steps:

1. Put water into a large soup pot. Bring to a boil.
2. Add tomatoes, potatoes, pumpkins and lentils.
3. Cook over medium heat for 45 minutes.
4. Season with salt to taste. Garnish with a few pieces of basil leaves.

Source: Vegan Mama Kitchen 純素媽媽廚房

Red Bean & Peanut Sweet Soup 四紅湯



Ingredients:

- 50g red beans (pre-soaked for one night and drained)
- 30g redskin peanuts (pre-soaked for one hour and drained)
- 8 red dates
- 8 dried longan pulps
- 500ml water
- Appropriate amount of red sugar

(Makes 2 servings)

Steps:

1. Put water into a pot. Bring to a boil.
2. Add red beans and redskin peanuts.
3. Boil for half an hour until the soup becomes mushy.
4. Adjust to medium-low heat. Add the red dates and dried longan pulps. Boil for 15 minutes.
5. Adjust to low heat. Add the red sugar based on your preference. To make a soup, replace the red sugar by salt.

Source: Green Monday - Green It Yourself

Read More (chinese only):

- 【素湯水食譜合集】祛濕清熱健脾6大療效養生湯 無肉一樣鮮甜！ - 香港01
- 素學星期一：五個簡易貼士 煮出鮮甜素湯 - Green Common



PolyU Green Campus

