

Herbal Legacy Recipes

Quick Corn Stew

From Dr. Joel Fuhrman's revolutionary book Eat to Live

INGREDIENTS:

- 2 C. distilled water
- 2 C. soymilk
- 1 T. whole wheat flour
- 1 medium potato, diced
- 1 carrot, diced
- 1 large onion, diced
- ½ t. dulse (dried sea vegetable – similar to seaweed – you can find it in health food stores)
- 2 T. dried vegetable flakes (IE – you could use VEG-it)
- ¼ t. Mrs. Dash
- 10 ounces Frozen Corn



DIRECTIONS:

Heat the water and soymilk together on a low flame. Mix in the flour, dulse, vegetable flakes, and seasonings. Add the diced potato, carrot, and onion and continue to simmer for 5 minutes. Add the frozen corn until it defrosts and the soup comes to a boil again.

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