



AMARANTO FLOUR

AMARANTO SOUP (4 SERVINGS)

INGREDIENTS

- 5 tablespoons amaranto flour.
- 2 small leeks.
- 2 carrots.
- 1 big white turnip.
- 4 or 6 mushrooms.
- 1,5 liter vegetable clear soup.
- Olive oil.
- Salt

PREPARATION

- ✓ Slice the leeks into thin half-moons, and place them into a colander. Wash the leeks under cold running water.
- ✓ Wash the mushrooms in some water and chop them into bits.
- ✓ Peel turnip and carrots and dice them.
- ✓ Heat a cooking pot with some cooking oil and fry the leek lightly until transparent.
- ✓ Add diced carrots and turnip and sauté for 5 minutes, then the mushrooms and stir together all ingredients. Once all the water given off by the vegetables is absorbed, pour in the vegetable clear soup.
- ✓ When the clear soup boils, add the amaranto, season to taste and simmer for 12 to 15 minutes.

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