



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Greek Lemon Rice Soup

Prep Time: 15 mins

Total Time: 30 mins

Ingredients

- 4 cup(s) broth, reduced-sodium beef
- 1/3 cup(s) rice
- 12 ounce(s) tofu, silken-style firm, light
- 1 tablespoon oil, olive, extra virgin
- 1/4 teaspoon turmeric
- 1/4 cup(s) lemon juice
- 2 tablespoon dill, Fresh and chopped
- 1/4 teaspoon pepper, black ground

Preparation

1. Bring broth and rice to a boil in a large saucepan. Reduce heat to a simmer and cook until the rice is very tender, about 15 minutes.
2. Carefully transfer 2 cups of the rice mixture to a blender. Add tofu, oil and turmeric; process until smooth. (Use caution when pureeing hot liquids.)
3. Whisk the tofu mixture, lemon juice, dill and pepper into the soup remaining in the pan. Heat through.