



FEIFEI LIU
TRADITIONAL
CHINESE MEDICINE
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Lamb Soup Recipe

INGREDIENTS

1. 1 pack of bone-in lamb (Cut can be your choice, I get my lamb at Publix)
2. Heaping 1/4 c. of brown rice or 1/4 box of whole wheat pasta
3. 3 thumb-size pieces of ginger root (washed, not peeled)
4. 1/4 of an onion, sliced
5. 4 cloves of garlic
6. Your choice of vegetables- I usually stick to 2 or 3, to not over complicate. I have tried Brussels sprouts, carrots, celery, grape tomatoes, spinach, etc.
7. 1 qt. Chicken or Beef bone broth
8. 1 Tbsp. Rice vinegar

COOKING

1. Put all the ingredients into your instant-pot
2. Pour the bone broth in to cover (you may need to add some water to ensure all ingredients are completely covered)
3. Add Sea Salt, pepper and Italian herbs to the pot (you may want to go light on the seasonings and add more after it is cooked to prevent over salting)
4. Put the lid on, select the Soup/Broth setting and set for 4 hours.
5. When cooking is complete, vent the instant-pot and fish out the bones and ginger root.
6. Ready to eat!

This recipe will last you about 5 days if you eat 1 bowl of soup a day.