

COVID protocols will be followed for handling, packing and picking up ingredients. Please be sure to wear a mask when you pick up your ingredient bundle.

- The pre-packaged soup ingredients will be vegetarian - people can supply and add their own meat if desired.
- A maximum of 25 pre-packaged bags will be available.
- If needed delivery will be made available within the Edmonton area. Call the office 3 days in advance to arrange delivery. Office staff will need your name, phone number and address.
- Kushok will offer a food blessing once the meal is prepared.

## **Tibetan Spicy Potatoes**

2 1/2 Lbs Potatoes  
1/4 tsp Erma (Sichuan peppercorn, T&T carries it)  
1/4 tsp Chili powder  
2 tsp Turmeric  
2 Tomatoes  
1 small Onion  
1 Bunch Cilantro  
1 Bunch Green Onions  
1 Tbsp Soy Sauce  
Oil For Frying

## **Tibetan Soup**

8-10 Cups Spinach  
1 medium Diakon  
1 medium Onion  
1 1/2 Cup Italian Pasta  
2 Tomatoes  
1 Bunch Green Onions  
1 Bunch Cilantro  
1 Whole Bulb Garlic  
Fresh Ginger  
Soy Sauce  
Vinegar  
Knorr Vegetable powder or vegetable stock 10 cups