

蓮藕花生排骨湯

Lotus Root and Pork Rib Soup

材料:

蓮藕	2 磅
排骨	1½ 磅
花生	3 安士
章魚乾	¼ 磅
薑	二片

Ingredients:

2 lbs	Lotus Root
1½ lbs	Pork ribs 1 ½ lbs
3 oz.	Peanuts
¼ lb	dried octopus
2 slices	ginger

煮法:

Cooking Method:

將蓮藕沖洗乾淨切塊將排骨切塊、飛水。

將以上材料放入鍋里大火燒開，然後慢火1–1½小時，即可食用。

Rinse the lotus root and cut into pieces

Cut the ribs into pieces.

Put the all ingredients into a pot and bring to a boil, then simmer for 1–1½ hours before serving.

蓮藕花生排骨湯具有較強的養生和保健功效。不僅營養豐富，口感十分清爽，有補脾潤腸豐肌、補中益氣、潤肺養胃、化痰解毒、通血脈、延年益壽之效。 Lotus root and peanut pork rib soup has good nutrition. It also has a very good taste. It can improve Qi deficiency and blood deficiency.

藥用價值：

Medicinal Value:

蓮藕可以說一身都是寶，都可以入藥的。蓮藕有清熱涼血、止血補血、減肥的功能。蓮子可以補脾益氣、養心安神、益腎澀精。蓮葉可以利尿通便、減肥瘦身、降血脂。

Lotus root can be said to be a treasure, and it can also be medicated. Lotus root has the functions of clearing heat and cooling blood, stopping bleeding and replenishing blood, and losing weight. Lotus seeds can replenish the spleen and qi, nourish the heart and calm the spirit, and benefit the kidneys and astringent essence. Lotus leaves can diuretic and laxative, slim down, and lower blood lipids.