

Sweet Vegetable Drink

1/4 cup onions, chopped
1/4 cup carrots, chopped
1/4 cup green cabbage, chopped
1/4 cup sweet winter squash, chopped
2 cups boiling water.

Add chopped vegetables to the boiling water and boil for 2-3 minutes. Reduce flame, cover, and let simmer for 30 minutes. Strain out vegetables and drink the hot broth, warm or at room temperature. (The vegetables may be saved and used in soups and stews.)

Note: No seasoning is used in this recipe. Sweet vegetable drink may be kept in the refrigerator, but warm it up again before drinking or let it come back to room temperature.

Variation: You may substitute other sweet vegetables such as sweet potato, yam and parsnip, if the above cannot be found.