Red Bean Soup with Rice Balls

Recipe

Serves 6-8

Soup
♦ 1 cup dry adzuki beans, Japanese red beans
♦ 6 - 8 cups water
♦ 1 teaspoon orange zest
♦ 2 teaspoon fresh grated ginger, or 6 thin sliced
♦ 6 - 8 tablespoons brown sugar, more to taste

Mochi Balls
♦ 1/2 cup mochiko/glutinous rice flour/sticky rice flour
♦ 2 1/2-2 1/2 oz hot water

Directions
1. Soak the beans overnight, or for at least 8 hours. Drain.
2. In a large pot add all the ingredients including the soaked red beans.
3. Bring mixture to a boil and then reduce heat to medium/low and cook for 2-3 hours or until beans are soft.
4. To make mochi balls combine hot water and rice flour, form into small round balls about the size of a pea. Boil in water for 3 minutes, and then add into cooked red beans to serve.

Nutritional Information

Nutrition
Serving Size: 220 grams
Calories 145
Calories from fat 3
Total Fat 0.3 grams (0%)
Cholesterol 0 mg (0%)
Sodium 9mg (0%)
Total Carbohydrate 30.4 grams (10%)
Dietary Fiber 3.5 grams (14%)
Sugars 6.6 grams
Protein 5.5 grams

Vitamins
Vitamin A: 0%
Vitamin C: 1%
Calcium: 3%
Iron: 8%

Nutrition Grade A

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet