



Tested recipes

[Last Recipe](#)[Next Recipe](#)

Beansoup



1 lb ribs

0.5 lb wax gourd

3 pieces ginger

1 green onion

1 tablespoon oil

1/4 tablespoon salt



1.5 hours



Medium



Help reduce blood fat

- 1. Cut ribs, ginger, wax gourd, green onion and garlic to small pieces.
- 2. Put oil and 6 bowls water into stockpot
- 3. Put ribs into stockpot until boiling.
- 4. Add wax gourd, ginger green onion and salt into stockpot and wait 1 hour.