



## Russian vegetable Soup ( LS )

Serving: 1

Veg

### *Ingredients*

- -1 tsp sesame oil / Any oil
- -3 tbsp grated beet root
- -2 tbsp chopped capsicum
- - $\frac{1}{4}$  cup thinly sliced onion
- -2 tbsp thickly grated carrot
- -2 tbsp finely chopped cabbage
- -1 tbsp chopped tomatoes
- -2 Tbsp steamed beans
- -salt and freshly ground pepper to taste
- -1 tbsp dahi ( for garnish )
- -1 tbsp chopped spring onions greens ( For garnish)

### *Preparation Method*

1. Heat the oil in a deep non stick pan. add the onions and saute on a medium flame for a minute.
2. Add the beet root , carrot, cabbage , capsicum , beans and tomatoes . Mix well and saute on a medium flame and simmer for another 2 minutes.
3. Add 1 cups of hot water . Mix well and simmer for 5 to 7 minutes.
4. Place in bowls and garnish with 1 tbsp of curds and spring onion greens
5. Serve immediately.