



Cauliflower Icebergs Soup (LS)

Serving: 1

Veg

Ingredients

- -Ice berg lettuce 1/2 cup
- -Chopped cauliflower 1/2 cup
- -Chopped onions 2 tbsp
- -Salt ,black pepper
- -Powder to taste
- -1 tsp oil
- Water as required

Preparation Method

- 1. Heat the oil in a deep non-stick pan,add onions and saute on a medium flames for a minute.
- 2. Add the lettuce and the cauliflower and saute on a medium flame for 2 min.
- 3. Add 2 cups of water and salt ,mix well and cook on a medium flame for 10 mins ,while stirring occasionally
- 4. Allow the mixture to cool completely and blend in a mixer to a smooth puree
- 5. Transfer the puree into a deep non-stick pan,add the pepper powder,mix welland cook on medium flame for 5 min ,while stirring occasionally
- 6. Serve hot