



Get glowing Soup (L)

Serving: 1

Veg

Ingredients

- 1 cup red pumpkin
- $\frac{1}{2}$ cup chopped carrot
- 2 tbsp chopped onions
- $\frac{1}{4}$ tsp Suva /dilli seeds optional
- Salt,blk pepper powder to taste

Preparation Method

- 1. Heat oil in pressure cooker ,saute dilli seeds for a minute,add onions saute for a min.
- 2. Add carrot,pumpkin with 2 cups water and pressure cook till 2 whistle.
- 3. Blend the mixture
- 4. Add salt,black pepper powder
- 5 Boil for 5 mins
- 6. Serve hot