



## Carrot cumin soup ( LS )

Serving: 2

Veg

### *Ingredients*

- 1 tsp jeera
- 1 tsp chopped ginger
- 1/2 tsp coriander powder
- 2 cups chopped carrot
- 1 cup chopped cauliflower
- 3 cups water
- 2 tsp rock salt
- 1 green chilli chopped

### *Preparation Method*

- Place a clay pot / kadai on medium flame , add jeera , ginger , coriander powder , roast them well , till the raw smells goes off
- Now add carrots and cauliflower , cover lid cook for 5 minutes
- After that add 3 cups water and 1 bay leaf
- Cover half with lid , let it cook for 20 minutes on medium flame .
- No slow the flame , using a hand blender , blend all the ingredients very well till smooth
- Now add salt and black pepper to taste , switch off the flame
- Before serving add 1 cup coconut milk into it , mix well , serve and enjoy