



Palak and Rajma soup (L)

Serving: 1

Veg

Ingredients

- -10-12 boiled rajma (kidney beans)
- - $\frac{1}{2}$ cup shredded spinach (palak)
- -1 tsp oil
- -2 tbsp finely chopped onions
- -salt and to taste
- -1 tsp finely chopped garlic (lehsun)
- -1 $\frac{1}{2}$ tsp dried oregano
- -1 tsp dry red chilli flakes (paprika)
- -2 tbsp tomato puree

Preparation Method

- -Heat the oil in a non-stick kadhai, add the onions and sauté on a medium flame for 1 to 2 minutes.
- -Add the spinach, salt and pepper and sauté on a medium flame for another 1 to 2 minutes.
- -Add the garlic, oregano and dry red chilli flakes and sauté on a medium flame for 1 more minute.
- -Add the rajma and 1 cups of water, mix well and bring it to boil (approx. 4 minutes).
- -Lower the flame and cook on a medium flame for 5 minutes, while stirring occasionally.
- -Add the tomato purée, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
- -Serve hot garnished with coriander