



Spinach and Carrot soup (L)

Serving: 1

Veg

Ingredients

- -1/2 cups chopped spinach (palak)
- -1/4 cup chopped and parboiled carrot
- -1 tsp ghee
- -2 tbsp finely chopped onions
- -1/4 cup low fat milk
- -salt and to taste

Preparation Method

- 1. Heat the ghee in a deep non-stick pan, add the onions and sauté on a medium flame for 2 minutes or till the onions turn translucent.
- 2. Add the carrots and sauté on a medium flame for another 2 minutes.
- 3. Add the spinach and 1 cup of water, mix well and cook on a medium flame 1 to 2 minutes.
- 4. Add the milk, salt, pepper, mix well and cook on a medium flame another 4 to 5 minutes, while stirring occasionally. Keep aside to cool slightly.
- 5. When cool, blend in a mixer to a smooth purée.
- 6. Transfer the purée into a broad non-stick pan and bring to boil.
- 7. Serve hot