



Clear Veggie Soup (L)

Serving: 1

Veg

Ingredients

- -Oil 1 tsp
- -Ginger – 1 tsp thinly julienned.
- -Garlic – 2 cloves thinly julienned
- -Onion – 2 tbsp finely chopped
- -Spring Onion– 2 tbsp chopped finely
- -Mixed Vegetables – 1 tbsp each veggie chopped finely(Carrots, Beans, Cauliflower, Capsicum)
- -Salt to taste
- -Pepper Powder to taste
- -Water –1-2cups
- -Cornstarch -1 tsp mixed with some water

Preparation Method

- -Heat oil in a sauce pan, add in ginger, garlic, onion, spring onion and saute for a min. -
- -Add in veggies and sauté for 5 mins or so.
- -Add in water, and cook until veggies are done.
- -Add in salt, pepper and cornflour water and mix well. It will thicken the soup.
- -Add in spring onion and mix well.
- -Serve hot.