



Healthy Garlic Soup (L)

Serving: 1

Veg

Ingredients

- -2 Finely Chopped garlic (lehsun)
- - $\frac{1}{4}$ Cup Chopped Onions
- -1 Cup Chopped and Boiled Mixed Vegetable (french beans ,Carrot and Cauliflower)
- -1 tsp oil
- -2 tbsp Chopped Coriander (Dhania)
- -2 tbsp Quick Cooking Rolled Oats

Preparation Method

- -Heat the oil in the pan, add onion&garlic and saute on a medium Flame For 2 min.
- -Add the mixed Vegetable ,4 cups of water, salt and pepper.
- -Mix well and cook on a medium flame for 2 mins, keep stirring.
- - Add the Oats and Coriander, mix Well and cook on a medium flame for another 2 mins.
- - Serve hot