



## Broccoli and Red Capsicum Soup ( L )

Serving: 1

Veg

### *Ingredients*

- 1/2 cups broccoli florets
- 1/4 cup roughly chopped red capsicum
- 1/4 tsp oil
- 1/2 tsp roughly chopped garlic (lehsun)
- 2 tbsp roughly chopped onions
- salt and freshly ground black pepper (kalimirsch) to taste

### *Preparation Method*

- 1. Heat the oil in a deep non-stick pan, add the garlic and onions and sauté on a medium flame for 2 minutes.
- 2. Add the broccoli, red capsicum and salt and sauté on a medium flame for 3 minutes.
- 3. Add 1/2 cup of hot water, mix well. Cover with a lid and cook on a medium flame for 4 minutes, while stirring occasionally.
- 4. Cool and blend in a mixer till smooth.
- 5. Transfer the mixture back into the same non-stick pan, add the pepper powder and 1/4 cup of water, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.