



Mix Vegetable Soup (L)

Serving: 1

Veg

Ingredients

- Carrots diced 1 medium
- Bottle gourd (lauki/doodhi) diced 50 grams
- Tomatoes quartered 2 medium
- Oil 1 tsp
- Cumin seeds $\frac{1}{2}$ teaspoon
- Black peppercorns 2 to 3
- Onion sliced 1 small
- Salt to taste
- Sugar $\frac{1}{4}$ teaspoon

Preparation Method

- Heat one tablespoon oil in a pan. Add cumin seeds and black peppercorns. When the cumin seeds begin to change colour add onion and sauté for two minutes.
- Add carrots, bottle gourd and stir. Add salt and mix. Add two cups of water, cover and cook till nearly done.
- Add tomatoes and continue to cook, covered, till all the vegetables are completely cooked. Strain and reserve the liquid.
- All the vegetables and then puree in a blender. Transfer into a deep pan, add the reserved liquid and adjust consistency. It should be quite thick.
- Bring the soup to a boil. Adjust salt, add sugar and stir. Serve hot.