



Oats Roasted Capsicum Soup (H)

Serving: 1

Veg

Ingredients

- 4 Tbsp Roasted quick cooking rolled Oats
- 2 medium size Red capsicum
- 2 Cup Roughly Chopped tomato
- 2 Bay leaves (tejpatta)
- 1 tsp red chilli Flakes (paprika)
- 1 clove garlic (lehsun)
- Salt to taste

Preparation Method

- Pierce each Red capsicum with a fork and roast them over on an open flame til it turns Black. Let it cool For 5 mins ,wash them and remove the skin ,stem and seed and chop them. Keep aside Take tomato ,Bay Leaves and Garlic Along with 2 cups of water in a deep non stick pan and cook on a medium flame for 12 mins keep stirring till the tomato turns soft. Remove the Flames and Allow it to cool . Once cooled Combine tomato and capsicum and blend in a mixer till Smooth . Transfer the mixture into a deep pan add chilli flakes, salt and half cup of water, mix well and cook on a medium Flame for 3 mins While stirring occasionally. Add the Roasted Oats ,Mix well and cook a Medium flame for 1 min while stirring occasionally . Serve it Hot