



Beans and tomato soup (L)

Serving: 1

Veg

Ingredients

- -2 tbsp (30 grams) cooked rajma (kidney beans)
- -2 tbsp chopped onions
- -1 tsp chopped garlic (lehsun)
- -1 cup chopped tomatoes
- - $\frac{1}{4}$ tsp chilli powder
- -1 tbsp chopped basil
- - $\frac{1}{2}$ tsp dried oregano
- - $\frac{1}{4}$ tsp sugar
- -1 tbsp oil
- -salt and black pepper (kalimirsch) powder to taste
- -For the garnish
- -4 springs of basil

Preparation Method

- -Heat the oil, add the onions and garlic and cook till the onions are translucent.
- -Add the tomatoes and chilli powder and cook for few minutes.
- -Add 2 cup water and simmer till the tomatoes are cooked.
- -Blend the mixture in a liquidiser. Strain.
- -Add the rajma, basil, sugar, oregano, salt and pepper. Boil till half
- -Serve hot garnished with sprigs of basil.