



## Ash gourd Soup ( L )

Serving: 1

Veg

### *Ingredients*

- 100 grams ash gourd
- 1 small Onion Sliced
- 2-3 medium cloves chopped
- 1 tsp ginger grated
- 1/4 tsp cinnamon powder
- 1 tsp pumpkin seeds / sesame seeds
- 1 tsp dried herbs
- Salt and pepper to taste
- Chopped coriander to Garnish

### *Preparation Method*

- Preheat the oven at 200 degrees.
- Peel the Ash Gourd and remove the seeds .
- Cut it into thin slices and place it on a lined baking dish.
- Put sliced onions , garlic cloves and dried herbs on the ash gourd. Drizzle or spray little oil on the vegetables.
- Roast the vegetables in the oven for 10-12 minutes. Let the vegetables rest till they cool down
- Once vegetables are at room temperature puree them in a blender.
- Boil the pureed vegetables along with 1 cup water , ginger, cinnamon powder, salt and pepper
- After 2-3 boils switch off the gas. Serve hot .Garnish with sesame or pumpkin seeds and Chopped coriander
- Note \* : You can Pressure cook all the things instead of baking . Rest follow the same steps after blending vegetables .