



Cheese Corn Tomato Soup(WG)

Serving: 1

Veg

Ingredients

- For The White Sauce
- -1 tsp butter
- - $\frac{1}{2}$ tsp plain flour
- - $\frac{1}{4}$ cup milk
- -salt to taste
- -1 tsp grated Paneer
- For The Tomato Puree
- -2 tomatoes
- - $\frac{1}{4}$ beetroot , peeled and chopped
- -half onion , chopped
- -1 garlic (lehsun) cloves
- **Other Ingredients:**
- - tomato puree
- - white sauce , recipe above
- -salt to taste
- -pinch freshly ground black pepper powder
- -2 tbsp boiled sweet corn kernels (makai ke dane)
- -1 tbsp grated processed cheese

Preparation Method

- **For the white sauce:**
- -Heat the butter in non-stick pan, add plain flour and saute for a minute.
- -Add milk and 1 cup of water and mix well so that no lumps remain.
- -Add the salt and grated cheese, mix well and cook on a slow flame, while stirring continuously, for 4-5 minutes or till the sauce becomes thick.
- -Remove from the flame and keep aside.
- For the tomato puree
- -Combine all the ingredients in a deep pan along with 2 cups water, mix well and boil for 5-10 minutes.
- -Cool and blend in a mixer till smooth.
- -Strain the mixture. Keep aside.
- How to proceed
- In a non stick pan, combine the tomato puree, salt, pepper and mix well and boil for 10-15 minutes.
- Remove from the flame, add the white sauce and mix well.
- Boil for more 1 minute and remove from the flame.
- In soup bowl add 2-3 tsp boiled sweet corn kernels, pour soup over it and sprinkle grated processed cheese.
- Serve hot garnished with mint leaves.