

Mustard Greens Soup

Author: Budi Aryo Yuli Utomo
Preparation: 15 to 30 minutes
Cooking: 15 to 30 minutes
Yield: 6 porsi
Cuisine: Indonesian
Meal: Main Course
Season: Fall



Mustard Green Soup is a vegetable-based dish commonly found in Indonesian society. Although the ingredients are simple, mustard soup is good for meeting the body's fiber needs and is suitable for vegetarians.

Bahan

2	Mustard Greens	3	Onion, large
2	Carrots	1	Salt and pepper
2	Garlic cloves		

Directions

Wash mustard and carrots. Peel carrots.

Cut the mustard and carrots.

Cut the onion into small pieces transversely.

Prepare a frying pan that has been given a little cooking oil, turn on the stove.

Add the onion to the pan. Fry until slightly dry.

Add the mustard and carrot pieces. Add 2 cups of water. Turn the pieces of vegetables back and forth with a spatula, then add the garlic.

Add kitchen salt and pepper powder to taste.

Wait until the mustard / carrot is tender while stirring occasionally.

Mustard soup is ready to be served.