

Mixed Vegetable Soup

Nutritive value per serving

Energy (Kcal)	56
Protein (g)	1.94
Fat (g)	0.48
Mineral (g)	0.50
Fibre (g)	0.89
Calcium (mg)	29.30
Iron (mg)	0.80
Carotene (µg)	446.35

Method

1. Finely chop all vegetables.
2. Heat oil, stir-fry chilli, onion, carrot, capsicum and bean till soft.
3. Add garlic and ginger paste, stir for a minute and add salt.
4. Add water and bring to a boil.
5. Allow the vegetables to simmer with lid for 20 minutes, stir occasionally.
6. Add little water to corn starch and make a smooth paste by stirring.
7. Add starch paste to simmering vegetable and simmer for a few minutes.
8. Season with pepper powder and sauce.
9. Add coriander leaves and serve hot.

Ingredients	Weight	Measure/No.
Carrot	20 g	1 small size
Tomato	20 g	1 small size
Onion	20 g	1 small size
Corn starch	20 g	2 dsp
Cabbage	10 g	small piece
Capsicum	10 g	½ small size
French beans	10 g	4 piece
Oil	10 ml	1 dsp
Tomato sauce	5 g	1 tsp
Coriander leaves	5 g	1 bunch
Soy sauce	3 g	½ tsp
Garlic paste	2 g	½ tsp
Ginger paste	2 g	½ tsp
Chilli sauce	2 g	½ tsp
Green chilli	2 g	1 piece
Black pepper powder	0.50 g	¼ tsp
Water	500 ml	2 cup (approx.)
Salt	to taste	to taste
Cooked preparation	170 ml	2 bowl

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