



Mix Veg soup

I am very picky about my veggies, so I struggle and try to find cooking hacks to be able to include more and more veggies in my meal.

Ingredients

- 250 gms Broccoli
- 75 gms Lettuce
- 250 gms Bell pepper
- 250 gms Carrot
- 200 gms Bottle Gourd
- 200 gms Tomato
- 1 tbsp grated ginger

How many servings?

Steps

How long to cook?

- 1 Put all cut vegetables in cooker, add water & pressure cook for 10-15mins
- 2 Let it cool
- 3 Grind & sieve
- 4 Heat soup, add salt to taste, 1 tsp black pepper powder, 1 tbsp lemon juice
- 5 Serve hot with soup sticks