

Vegetable Clear Soup

Recipe Makes: 1 serving

Nutritional Value (per serving)

Calories: 74 kcal

Protein: 1.8 g

Carbohydrate: 7.6 g

Fat: 4.6 g

Ingredients

- 1 Spring Onion Bulbs, finely chopped
- ½ Carrot (Gajjar), finely chopped
- 1 cloves Garlic, chopped
- ¼ cup Green beans (French Beans), finely chopped
- ¼ cup Button mushrooms, thinly sliced
- 1 stalk Spring Onion Greens, cut into 1 inch sticks
- Salt, to taste
- ¼ teaspoon Whole Black Pepper Corns, coarsely crushed
- 1 cups Water
- ½ teaspoon Lemon juice



Instructions

1. To begin making the recipe, add a teaspoon of oil in a deep saucepan. Once the oil is slightly hot, add in the spring onion bulbs and sauté for a minute.
2. Next, add the chopped garlic and cook till the onions turn soft and transparent.
3. Once the onions are soft, add all chopped carrots and beans. Sprinkle salt and sauté for three to four minutes until the vegetables are lightly cooked.
4. Now, add the mushrooms and stir for a minute.
5. After a minute, add ¼ teaspoon crushed pepper and add 1 cups of water and the spring onion greens and boil briskly for three to four minutes. Cook till the vegetables are done.
6. Check seasoning of the Vegetable Clear Soup, adjust according to taste, add lemon juice and serve hot.