Lunch, Indian

Garlicky Mixed Vegetable Soup

A light, comforting soup of tender mixed vegetables infused with plenty of garlic and gently thickened with quick cooking oats. A sprinkle of fresh coriander and black pepper rounds out the flavours before serving.



Low fat | Freezer safe

20 min	43	5.8 g	0.4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tsp finely chopped garlic (lehsun)
- [ ] 1 cup chopped and boiled mixed vegetables
- [ ] 1 tsp olive oil or oil
- [ ] 1/4 cup finely chopped onion
- [ ] salt (namak) to taste, restricted salt for health
- [ ] 2 tbsp quick cooking oats
- [ ] 2 tbsp chopped coriander (dhania)
- [ ] freshly ground black pepper (kalimirch) to taste

Method

- [ ] **1** Set a deep non-stick pan over a medium flame and warm the olive oil in it. Tip in the finely chopped garlic together with the onion and let them cook gently for 1 to 2 minutes.
- [ ] **2** The chopped and boiled mixed vegetables go in next, followed by 3 cups of water. Season with salt and freshly ground black pepper, stir well to combine, and keep cooking over the medium flame for 2 minutes, giving the soup an occasional stir.
- [ ] **3** Scatter the quick cooking oats and the chopped coriander over the soup, mix them in, and give it a final 1 minute of cooking on the medium flame.
- [ ] **4** Ladle the soup into bowls and serve it hot.

Nutrition Facts

Per serving

Calories	43
Total fat	1.5 g
Saturated fat	Not listed
Sodium	9 mg
Total carbs	5.8 g
Fiber	1.9 g
Total sugars	0.4 g
Protein	1.7 g

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