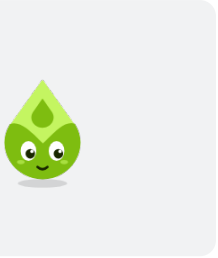
Lunch, Indian

Hearty Field Bean and Vegetable Soup

A warming Indian style soup of soft soaked and boiled field beans simmered with carrot, cabbage, tomato, celery and garlic in a fragrant stock. A spoonful of tomato puree and a grind of black pepper round out the flavour.

23 min	193	29 g	7.8 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 4 servings

- [ ] 1 1/4 cups soaked and boiled rangoon na vaal (broad field beans)
- [ ] 1/2 cup parboiled carrot cubes
- [ ] 1/2 cup shredded cabbage
- [ ] 3/4 cup finely chopped tomato
- [ ] 1/2 cup onion cubes
- [ ] 2 tbsp roughly chopped celery (ajmoda)
- [ ] 1 tbsp olive oil
- [ ] 2 bay leaf (tejpatta)
- [ ] 2 tsp finely chopped garlic (lehsun)
- [ ] salt (namak) to taste
- [ ] freshly ground black pepper (kalimirch) to taste
- [ ] 2 tbsp tomato puree

Method

- [ ] **1** Warm the olive oil in a deep kadhai over a medium flame, then toss in the bay leaves, finely chopped garlic and onion cubes and saute for 2 minutes.
- [ ] **2** Stir in the roughly chopped celery and keep sauteing over the medium flame for 1 minute.
- [ ] **3** Tip in the shredded cabbage, finely chopped tomato and parboiled carrot cubes, pour in 3 cups of vegetable stock or hot water, season with salt, mix well and cook on a medium flame for 2 to 3 minutes, stirring now and then.
- [ ] **4** Add the soaked and boiled rangoon na vaal along with the tomato puree and freshly ground black pepper, mix well and cook on a medium flame for 2 to 3 minutes, stirring occasionally.
- [ ] **5** Ladle the soup into bowls and serve it hot.

Nutrition Facts

Per serving

Calories	**193**
Total fat	4.5 g
Saturated fat	Not listed
Sodium	43 mg
Total carbs	29 g
Fiber	11.1 g
Total sugars	7.8 g
Protein	10.1 g

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