Lunch, Indian

Quick Carrot, Mushroom and Spinach Clear Soup

A light, brothy soup that comes together in minutes, with spinach and mushrooms kept crisp over high heat and carrot softened just enough. A splash of soy sauce and pepper gives the clear broth a savoury kick.



Low fat | Freezer safe

22 min	52	3.5 g	2.5 g
time	calories	carbs	sugars

Ingredients, 3 servings

- [ ] 2 cups shredded spinach (palak)
- [ ] 1/2 cup sliced mushrooms (khumbh)
- [ ] 1/2 cup carrot juliennes
- [ ] 2 tsp oil
- [ ] 2 tsp finely chopped garlic (lehsun)
- [ ] 2 tsp soy sauce
- [ ] salt (namak) and

Method

- [ ] **1** Start by warming 2 tsp oil in a deep non-stick pan set on the stove, then drop in 2 tsp finely chopped garlic (lehsun) and let it sizzle over a medium flame for just a few seconds.
- [ ] **2** Next, tip the shredded spinach (palak) and sliced mushrooms (khumbh) into the pan, keep the flame high and toss everything around for 2 minutes.
- [ ] **3** Stir the carrot juliennes through along with 2 tsp soy sauce, 2 1/2 cups of water, salt (namak) and pepper powder, give it all a good mix, then let it cook over a medium flame for 4 minutes, giving the pan a stir now and then.
- [ ] **4** Once the cooking time is up, pour the soup into bowls and enjoy it straight away.

Nutrition Facts

Per serving

Calories	**52**
Total fat	3.7 g
Saturated fat	Not listed
Sodium	258 mg
Total carbs	3.5 g
Fiber	1.8 g
Total sugars	2.5 g
Protein	1.3 g

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