Dinner, Indian

Warm Broccoli and Carrot Clear Broth

A soothing clear broth of tender broccoli florets, carrots, onions, celery and garlic, gently simmered with olive oil and seasoned with salt and pepper. Ladled steaming hot into bowls, it makes a light, savoury pick-me-up on cool days.



Nut free | Low fat

16 min	27	3.4 g	2.6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup broccoli floret
- [ ] 1 tsp olive oil
- [ ] 1/2 cup thinly sliced onions
- [ ] 1/2 tsp finely chopped garlic (lehsun)
- [ ] 1/2 cup thinly sliced carrots
- [ ] 2 tbsp finely chopped celery (ajmoda)
- [ ] salt (namak) to taste, less sat with those with blood pressure
- [ ] freshly ground black pepper (kalimirch) to taste

Method

- [ ] **1** Pour the olive oil into a deep non-stick pan and place it over a medium flame. Once it is warm, tip in the thinly sliced onions, finely chopped garlic (lehsun), thinly sliced carrots and finely chopped celery (ajmoda), giving everything a quick saute for 2 to 3 minutes.
- [ ] **2** Now add the broccoli florets together with salt (namak) and 2 1/2 cups of hot water. Stir the pan well, then let it keep cooking over the same medium flame for 2 to 3 minutes, pausing now and then to give the mixture a stir.
- [ ] **3** Stir the freshly ground black pepper (kalimirch) through the broth until it is evenly spread.
- [ ] **4** Ladle the finished broccoli broth into bowls while piping hot.

Nutrition Facts

Per serving

Calories	**27**
Total fat	1.3 g
Saturated fat	Not listed
Sodium	12 mg
Total carbs	3.4 g
Fiber	1 g
Total sugars	2.6 g
Protein	0.7 g

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