



SOUP

Barley&Veggie Soup	Method
<p>½ cup barley (boiled) ½ cup boiled vegetable (carrot ,French beans, cauliflower)</p> <p>TO CHURN TOGETHER: 5 tomatoes (pureed) 2 cups water ½ tsp. Oregano 2 tbsp. Tomato sauce 2 tbsp. Tabasco ¼ tsp. Red chili flakes ¼ tsp. Pepper Salt to taste</p> <p>OTHERS: 3-4 spring onions 1/3 cup leaves of onion 6-8 garlic cloves(finely chopped) 6-8 basil leaves 1 tsp olive oil .</p>	<p>Heat oil, sauté onions, leaves, garlic, basil. Add churned ingredients, vegetables & barely. Boil for 3-4 mins.</p> <p>Serve Hot</p>

Palak Soup	Method
<p>2 bunches of palak (boiled &pureed) 1 cup skim milk. ¼ tsp each salt &pepper.</p>	<p>Churn together all the ingredients &boil for 1-2 mins. (If soup becomes thin add ½ tspcornflour</p>



Carrot's Milk	Method
<p>TO PRESSURE COOK: 4 carrots (grated) 2 cups skim milk 1 onion 4-5 cloves of garlic.</p> <p>OTHER INGREDIENTS: (mix together) 1 cup water ½ tsp .pepper ½ tsp. Cornflour A pinch cinnamon powder Salt to taste .</p>	<p>Grind the pressure cooked ingredients & sieve the carrot milk.</p> <p>Mix the carrots milk with other ingredients & boil for 2-3 mins. Serve hot.</p>

Curd & Cabbage Broth	Method
<p>TO PRESSURE COOK: 2 cups cabbage 1 small potato 1 onion 6 cloves of garlic ½ cup of water</p> <p>OTHERS (TO CHURN TOGETHER) 1 cup curds (Made from skim milk) 1 tsp .woreschestire sauce ½ tsppepper ,salt to taste.</p>	<p>Grind & sieve the pressure cooked ingredients.</p> <p>Mix with the churned ingredients & boil together for 3-4 mins. Serve</p>



Corn Chowder	Method
<p>1 cup corn (boiled) 1 carrot (cut long strips) 1 capicum (cut long strips) 1 onion (cut long strips) 1 tsp garlic paste ½ tsp ginger-chilli paste ¼ tsp. Pepper ¼ tsp .red chilli flakes 6-8 basil leaves ¼ tsp.oregano 1 tsp. Olive oil</p> <p>CHURN TOGETHER: 2 Cups skim milk 1 cup corn (boiled & half crush) ½ cup water Salt to taste.</p>	<p>Heat oil .sauté the vegetable strips. Add garlic, ginger-chilli paste & basil leaves.</p> <p>Add the churned ingredients & all the other ingredients. Boil for 6-8 mins.</p>

Pumpkin & Vegetable Soup	Method
<p>TO PRESSURE COOK: 1 cup red pumpkin (kaddu) 1 cup white pumpkin(lauki) 1 onion 1 tbspurad dal 4-5 cloves 1 ½ cup water</p> <p>OTHERS:(TO CHURN TOGETHER) 1 cup skim milk ¼ cup curds ½ tsp pepper ¼ tsp ginger-chilli paste Salt to taste</p> <p>OTHERS: 1 cup mixed boiled vegetables (peas , French beans, carrot ,etc)</p>	<p>Cool ,grind&sieve the pressure cooked ingredients. Mix with churned ingredients & boil foor 4-5 mins. Add the mixed boiled vegetables</p>



TomataShorba	Method
<p>TO CHURN TOGETHER: 8 tomatoes(pureed) ½ cup skim milk ½ cup water 1 tspcornflour 1 tbsp. Sugar A pinch of each(jeerapowder,sanchalpowder,&redchilli powder). Salt to taste</p> <p>FOR GARNISH: 1 tsp. Oil 1 tsp. Jeera Few coriander leaves.</p>	<p>Boil together the churned ingredientsfor 6-8 mins.</p> <p>Heat oil , add jeera& garnish the shorba with the tadka&few coriander leaves.</p> <p>Serve hot...</p>

Peas & Mint Soup	Method
<p>TO CHURN TOGETHER: 1 cup peas (boiled) ¼ cup mint leaves 1 cup curds 1 ½ cups water 2-3 spring onions ¼ cup leaves of onions 1 tsp. Cornflour Salt to taste.</p>	<p>Churn together all the ingredients until half crushed. Boil for 5-7 mins.</p>

Veg.Coconut Soup	Method
<p>1 cup mixed boiled vegetables (peas, carrot , f. Beans,cornetc)</p> <p><u>FOR PASTE (grind together)</u> <u>1 onion,1/4 cup curd,1 tsp. Garlic paste, ½ tsp</u> <u>ginger-chilli paste.</u></p> <p><u>CHURNCH TOGETHER</u> 2 cups water,2 tbsp. Coconut milk powder,1tsp cornflour (opt),salt.</p>	<p>Mix together the boiled vegetables , paste & the churned ingredients &boil for 4-5</p>



LEMONI PANEER SOUP	METHOD
150 gms. Paneer (cut into very small pieces) CHURN TOGETHER: 3 cups water 2 tsp cornflour ¼ tsp curry powder Rind of 1 lemon 2 tbsp each coriander & mint leaves ½ tsp ginger-chilli paste 2-3 spring onions ¼ cup of onions Salt to taste	Boil all the churned ingredients for 4-5 mins. Serve with paneer pieces.

Golden Glow	Method
TO PRESSURE COOK: 2 carrots ¼ cup moong dal 1 onion 1 cup water CHURN TOGETHER: 1 cup skim milk 1 tsp. cornflour ½ tsp. Oregano ½ tsp pepper A pinch of each (haldi powder, red chilli powder & jeera powder) Salt to taste.	Grind & sieve the pressure cooked ingredients. Mix the stock with the churned ingredients & cook till thick.

Mixed Pulses Soup	Method
½ Cup mixed pulses (soak & pressure cook) CHURN TOGETHER: 3 cups of water 1 tsp cornflour ½ tsp garlic paste ½ tsp. Ginger_chilli paste Juice of ½ lemon ½ tsp curry powder Coriander leaves for garnish Salt to taste.	Mix together the pulses and the churned ingredients and boil for 5-7 mins till semi thick. Garnish with coriander leaves.



French Onion Soup	Method
<p>5-6 spring onions 1/3 cup leaves of onion ½ tsp garlic paste 1 tsp olive oil</p> <p>MIX TOGETHER: 3 cups water 2tsp cornflour ½ tsp pepper Salt to taste</p> <p>FOR TOPPING: Some grated cheese or paneerpieces,some toasted bread croutons</p>	<p>Heat the olive oil & sauté the onions , leaves of onion &the garlic paste.</p> <p>Add all the other ingredients & boil for 3-4 mins.</p> <p>Remove in individual bowls & top with grated cheese & bread croutons.</p>

Chinese clear soup	Method
<p>TO PRESSURE COOK: 3 onions 1 tomato 2 cups of water</p> <p>OTHERS: 1 cup mixed vegetables (cabbage,carrots , capsicum ,etc) ¼ cup mixed (finely chopped) (ginger ,chillies ,garlic& coriander leaves) ½ tsp.oil ½ tsp. Soya sauce 1 tsp. Vinegar 1 tsp. Green chilli sauce. Salt to taste</p>	<p>Grind & sieve the pressure cooked ingredients. Heat oil,sauté the ginger, chillies,etc. Also sauté the mixed vegetables. Add the strained water & all other ingredients</p>



HOT & SWEET SOUP	METHOD
<p>TO CHURN TOGETHER:</p> <p>3 Tomatoes(pureed) ½ cup tomato sauce ¼ cup cupchilli- garlic sauce 1 tbsp brown sugar 1 tsp soya sauce 1 tsp . vinegar 2 cups water 1 tbsp. Cornflour (opt) ¼ tsp. Pepper ½ tsp.chilli flakes Salt to taste 1 tsp oil</p> <p>OTHERS:</p> <p>1 cup mixed finely chopped (capsicum ,spring onions , garlic , green chilies, coriander leaves)</p>	<p>Heat oil sauté the finely chopped ingredients. Add the churned ingredients & boil for 4-5 mins . Serve</p>