

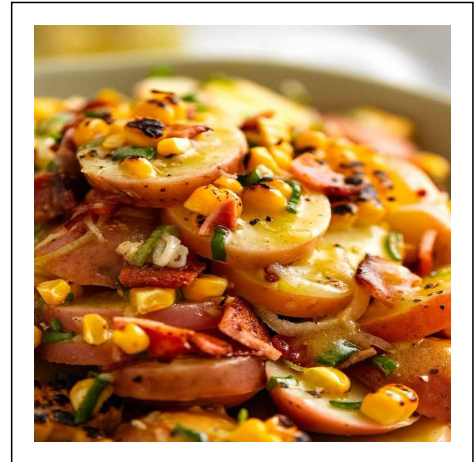
Recipe Name: Broccoli Corn & Barley Soup Recipe

Diet Type:

Course: Dinner

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Barley (seeds) - soaked for 2-6 hours	4
• 1 cup Broccoli - florets	
• 1/4 cup Green peas (Matar) - fresh or frozen	
• 1/4 cup Sweet corn	
• 1/4 cup Green beans (French Beans) - chopped	
• 1/2 cup Carrots (Gajjar) - thinly sliced in strips	
• 1 cup Rocket leaves - or spinach leaves	
• 2 Tomatoes - chopped	
• 1 Onion - chopped	
• 4 cloves Garlic - minced	
• 1 tablespoon Extra Virgin Olive Oil	
• 1 teaspoon Basil leaves	
• 1 teaspoon Fresh Thyme leaves	
• 1 teaspoon Red Chilli flakes	
• Salt - to taste	
• Black pepper powder - to taste	
• 2 teaspoons Corn flour	
• Water - as required	
• Sour cream - to serve	

Preparation

- To prepare Broccoli Corn & Barley Soup Recipe, wash and soak pearl barley in 2 cups of water for 2 to 6 hours.
- Drain and place them in a saucepan with 2 cups of water and a dash of salt.
- Bring it to boil and then simmer and let it cook for 15 minutes.
- Once.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	40	10	8	6

