

Recipe Name: Broccoli & Water Chestnut Soup Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 300 grams Singhade (water chestnut) - boiled and peeled	2
• 1 Broccoli - head	
• 3 cloves Garlic - chopped	
• 1 cup Milk	
• 1 teaspoon Dried oregano	
• 1 teaspoon Rosemary	
• 1 teaspoon Black pepper powder	
• Salt - to taste	
• 2 tablespoon Bean Sprouts - to garnish	

Preparation

- To begin making the Broccoli & Water Chestnut Soup Recipe, we will pressure cook the water chestnuts with water for at least 8 whistle and allow it to rest for few seconds until pressure releases naturally.
- Once done take the water chestnuts out and peel off the black skin and keep the seeds aside.
- Chop them into half.
- Pressure cook the broccoli with little water separately for 1 whistle and set aside.
- Transfer the blended paste to a saucepan, add a little more milk to adjust the consistency, season well with salt and dried herbs and bring it to a boil.
- Before serving sprinkle some pepper powder and add beans sprouts and serve.

Macronutrients

Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)

