DietCloud – Recipe

Recipe Name: Carrot And Coriander Soup Recipe

Diet Type:

Course: Dinner

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 ????	2
• 1/2 ????? - ??? ??	
• 2 ??? ????? ??? ????? - ??? ??	
• 1 ??? ????? - ???? ???? ??? ??	
• 2 ??? ????? - ??? ??	
• 2 ?????	
• ??? - ????? ??????	
• 1/2 ??????	
• ???? ????? ????? - ????? ??????	
• ??? ????? - ??????? ?? ???	
• 2 ??? ????? ?? - ?? ?????	

Preparation

• To make carrot coriander soup recipe, first heat ghee or butter in a pressure cooker.

• Add onion, garlic, green chilies and cook till the onion becomes soft.

• Now add carrots, coriander, long and cook for 1 minute.

• Add water as per use, close the cooker and cook till 1 city comes.

• Allow the pressure to drain on its own.

• Remove the vegetables separately and the stock separately.

• Remove the stock in a saucepan.

• Remove the green chillies and long from the boiled vegetables and grind the rest of the mixture in a mixer grinder.

• Add the puree to the stock and mix, add salt and pepper and let it boil.

• After the boiling, reduce the flame And let it boil, garnish with green coriander and lemon juice.

• Serve the carrot coriander soup recipe before your daily dinner.

• You can also serve this soup in the evening.

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Macronutrients

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