DietCloud – Recipe

Recipe Name: Italian Style Broccoli And Cauliflower Soup Recipe

Diet Type:

Course: Dinner

Cuisine: Italian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Carrot (Gajjar) - chopped (red)	4
• 1 cup Broccoli - cut into florets	
• 1-1/2 cups Cauliflower (gobi) - cut into florets	
• 1 Onion - diced	
• 1 Tomato - chopped	
• 3 Garlic - minced	
• 4 cups Vegetable stock	
• 2 teaspoon Black pepper powder	
• 1 teaspoon Red Chilli flakes	
• 2 teaspoon Italian seasoning	
• 1 teaspoon Paprika powder	
• Salt - to taste	
• Extra Virgin Olive Oil - as required	
• Cheese - grated	
• Coriander (Dhania) Leaves - chopped	

Preparation

• To begin making the Broccoli And Cauliflower Soup Italian Style recipe, chop broccoli & cauliflower into small florets and then blanch them.
• Next heat 2 tablespoons of olive oil in a deep pan and add onion & garlic in it.

• Keep cooking for 2 minutes and then add blanched broccoli & cauliflower florets.
• Cook until soup thickens and then taste the soup to adjust the seasoning.
• Serve the soup hot top with grated cheese and fine chopped coriander leaves.

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Macronutrients

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