

# Lemon Coriander vegetable Soup

## Ingredients (3-4 servings)

- Half Cup fresh coriander leaves chopped very fine.
- One tablespoon of fresh lemon juice.
- One teaspoon grated or pounded ginger.
- Two cups of grated seasonal mixed vegetables—Cabbage, carrots, cauliflower, green peas, potatoes, squash ( lauki/ zucchini, pumpkin or bhopala)
- Salt to taste ( Rock or Himalayan pink salt)
- Soaked 8-10 cashews Or almonds or a mix of the two.
- Four Cups of water

## Preparation

Put the soaked almond/ cashew in a blender, add half a cup of water and grind to paste. Add the remaining water and blend well to a milky consistency. Take a heavy bottom pot, put the nut milk and bring it to boil.

Once boiling, add the vegetables and boil for 2-3 minutes until the veggies become slightly tender ( do not overcook) but stay crunchy. Close the lid and turn off the fire.

Before serving, add coriander, lemon juice, and salt.