

Mixed Vegetable Soup

(Recipe by Anju Kapadia)

Ingredients: Serves 6

- One cup cooked Rajma beans
- Two tablespoon ghee or butter or sesame oil
- Five to six cups of water
- Two green Onions with stems washed and chopped
- Two carrots finely diced
- One medium or two small potatoes cut in half-inch cubes.
- One cup of green beans cut into half-inch pieces.
- One small zucchini or Turai peeled and cut into half-inch pieces
- One cup shelled green peas.
- Two medium tomatoes seeds removed and chopped into small pieces.
- Half cup of chopped spinach
- Green chilis to taste.
- Two cloves of garlic (or one teaspoon cumin seeds)
- Salt to taste
- Bay leaves 3-4 pieces
- One to 2 cloves.
- Two-inch piece of ginger pounded.
- Salt to taste
- Two tablespoons lemon juice or juice from two lemons.

Garnish

- Fresh Coriander leaves
- Black pepper powder or red chili flakes
- Green chilies chopped fine (optional)

Directions

- Heat the ghee, butter or sesame oil in the pan
- Add the cumin seeds or onions and garlic depending on your choice.
- Slow the flame, add bay leaves, cloves, and ginger
- Add carrots, potatoes and green beans , stir for 3-4 minutes and add 5-6 cups of water.
- Put the flame high to boil. Once it starts boiling turn the flame down to medium.
- Simmer for 10 mins and then add all the remaining vegetables, cooked beans, and continue to simmer until potatoes and carrots are soft but not mushy.

- Add the spinach and let it wilt 3-4 minutes.
- Add the lemon juice before ladling the soup into the serving bowls.
- Garnish each bowl with fresh coriander leaves, black pepper, chili flakes