

Pudina Rasam | Mint Rasam | South Indian Mint Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-soup-recipe-south-indian-style>

Ingredients:

- 1 cup fresh mint leaves 1 cup is 250 ml measurement
- 1/4 cup coriander leaves finely chopped with stems
- 1/4 cup toor dal Thuvaram Paruppu or Arhar Dal
- tamarind 1 nos. Marble Size, Ball
- tomatoes 2 nos.
- 1/2 teaspoon turmeric powder 1 tsp is 5 ml measurement
- 1/4 teaspoon asafoetida or Hing
- 5 cups water Check Notes below
- salt to taste
- 3 curry leaves
- 1 tablespoon black peppercorns or Milagu, 1 tbsp is 15 ml measurement
- 1/2 tablespoon jeera or Cumin Seeds
- 1 1/2 teaspoons ghee or Clarified Butter
- 1/2 teaspoon jeera or Cumin Seeds
- 1/4 teaspoon mustard seeds Kadagu or Rai
- 3 curry leaves
- asafoetida or A pinch of Hing

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 11 grams
3. Fat: 2 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 220 milligrams
7. Sugar: 1 grams

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