

Indian Home-Style Mix Vegetable Soup

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-soup-recipe-vegetarian-indian>

Ingredients:

- 2 cups carrots diced
- 1 1/2 cups bottle gourd diced
- 1/2 cup roots Beet, diced
- 1 cup spinach
- 1/2 cup celery chopped
- 1 cup tomatoes quartered
- 3 fresh mint springs of
- 1 tablespoon olive oil
- 1/2 teaspoon cumin seeds
- black peppercorns Fresh ground
- 1 onion medium
- 3 cloves garlic chopped
- salt to taste
- 1/2 teaspoon sugar

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 13 grams
3. Fat: 3 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. Sodium: 210 milligrams
7. Sugar: 5 grams

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