



LIVOUR

# The Soup Recipes

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# GREEN SOUP

## Ingredients:

1 Cup Spinach

½ Cup Finely Chopped Onion

1 Chopped Tomato

3-4 Garlic Cloves

2 cups Dal water

Salt and pepper to taste

1 teaspoon Oil



# GREEN SOUP



## Health Benefits\*:

Spinach is a good source of minerals (iron, copper, phosphorous, zinc, selenium), vitamin B complex (niacin and folic acid), ascorbic acid, carotenoids (β-carotene, lutein, zeaxanthin), phenols (flavonoids, p-coumaric acid), and Omega-3-fatty acids.

It is relatively easy to distinguish by its green color as well as due to smooth texture.

It is easy to digest and helps in abdominal distension.

Cloves help in combating common colds.

This soup is useful in recovering from general weakness and can be consumed throughout the year.

## Method:

1. Heat oil in a pan, add chopped onion, garlic and sauté until onions turn translucent, add tomatoes and cook for a few minutes.
2. Now add cleaned and chopped green leaves and sauté until they soften, then add 2 cups of diluted dal water, salt and simmer for 15 minutes.
3. Blend half of the quantity and then add this to the rest of the soup and simmer for another 5 minutes. Add pepper powder to taste.

# RICE GRUEL

## Ingredients:

300 gm Red rice

100 ml Coconut milk/milk

1500 ml Water

Salt to taste

1 Cardamom

1/2 teaspoon Mustard

1 teaspoon Fenugreek seeds

1/4 inch piece Dry ginger

1/4 inch piece Cinnamon

Cumin seeds

2 Cloves



## Method:

1. Wash the rice and soak for 5 to 10 minutes.
2. Roast the mustard, fenugreek & cumin seeds and powder them coarsely.
3. Boil water in a pressure cooker, add salt and washed rice, add the powder, stir well and close the lid of the cooker. Cook on medium flame till 4-5 whistles.
4. Remove the lid when there is no more steam and empty into a serving bowl. You may add coconut milk or milk. Serve hot with any stir fried vegetables and chutney.



## Health Benefits :

Natural red color acts as an antioxidant that counteracts free radicals. Its low sugar and glycemic content and appreciable amount of iron, zinc, manganese, calcium and fiber makes it an desirable dietary option for heart patients, diabetics as well as for those with high blood pressure and obesity.

It is good for gut health and also helps in controlling the pulmonary functions because of its rich magnesium, iron and mediumchain fatty acids content.

Coconut milk used in Peya can be substituted with water if not suitable to any person due to fatty content.

# HORSE GRAM RASAM

## Ingredients:

2 Cup horse gram  
20 gm Tamarind / lemon juice  
2 Tomato  
Handful Curry leaves  
1 teaspoon Garlic paste  
2 teaspoons Pepper  
2 teaspoons cumin seeds  
1 teaspoon Mustard seeds  
Salt - to taste  
Cooking oil





## Health Benefits :

It is high in iron, calcium, and provides  $\frac{1}{4}$  of total protein required in a day per serving.

It is low in fat and high in fiber content so helps to lower LDL levels and body fat.

It is diabetic-friendly food and keeps you warm on a cold winter day.

Horse gram is recommended in urinary calculi.

## Method:

1. Clean wash and soak horse gram for 4 hours. Steam, boil and drain the substrate.
2. Heat 1 teaspoon of oil/ghee in a pan, add mustard seeds, curry leaves and red chillies, allow to splutter.
3. Add chopped tomatoes and sauté till they are soft.
4. Add 2 teaspoons of garlic paste and sauté till the raw smell goes off, add tamarind and salt and boil. Jaggery, black pepper, cumin seeds, lemon juice, curry leaves are optional.
5. Add horse gram substrate. When the mixture boils remove from the gas and serve hot.



# GREEN GRAM SOUP

## Ingredients:

50gm Green gram

200ml Water

Salt to taste

Pepper - as per taste

Oil/ghee

½ teaspoon Mustard seeds

8 Fenugreek seeds

Handful Curry leaves

1 teaspoon Lemon juice



## Method:

1. Cook green gram and take the substrate, add salt.
2. Roast some pepper on flame, crush them and add to the substrate, boil for 3 minutes.
3. Season with mustard, fenugreek and curry leaves. Add lime juice or dry raw mango powder. Your delicious soup is ready.
4. Coriander leaves, ajwain (carom seeds), and garlic can be added as per the taste and availability.



## Health Benefits\*:

Green gram soup is used as a nutritious drink and as an adjuvant or vehicle (anupana) with medicines.

It is easy to digest and less likely to cause bloating, indigestion and flatulence because of green gram and thymol of ajwain so can be used post-surgery, post-delivery to meet protein demands when digestion is weak.

It contains less phytic acid so increases the body's ability to absorb iron and other minerals.

The high fiber and protein levels produce longer satiety times by increasing the satiety hormone cholecystokinin.

The presence of a large amount of magnesium makes it a potent BP regulator.

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