



Ingredients

1 tsp ginger, finely chopped
3 cloves garlic, finely chopped
2-3 white parts of spring onions,
finely chopped
2-3 green parts of spring onions,
finely chopped
1 small onion, finely chopped
2 cups mixed vegetables (carrot, beans,
cauliflower, capsicum), finely chopped
4-5 cups water
1 tbsp cornflour dissolved in
1/4 cup water
1/2 tsp oil
Pepper to taste
Salt to taste

Nutrients

Approx. calories per serving: 49 kcal

Procedure

Pre heat a 20cm Tall unit on medium heat till the Thermo indicator reaches the 20 degree mark. Add oil followed by ginger, garlic, onion, spring onion white part and sauté for a minute. Now add in the chopped vegetables and sauté for 5 minutes more.

Pour the water and cook for 10- 15 minutes with the lid half covered till the vegetables are done. Season with salt and pepper. Add cornflour dissolved in water and mix well. Add the spring onion stalks and simmer for 2 minutes. Remove from heat and serve hot along with dinner rolls and bread sticks.

Tip: To make chicken clear soup, add 1 finely chopped chicken breast along with the vegetables.