

## Recipe

### Clear Cabbage Carrot Soup

## By

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## Ingredients

- 1 Tsp olive oil
- ½ Tsp yellow asafetida powder
- 1½ Tsp grated ginger
- 1 small green chili chopped
- 2 C cabbage thinly sliced
- 2 carrots cut lengthwise into strips
- ½ C water chestnuts, chopped
- 6 C water
- 1 Tsp soy sauce
- 1½ Tsp salt
- ¼ Tsp ground black pepper
- 2 Tbsp chopped fresh coriander leaves

## Preparation

Heat the olive oil in a saucepan over moderate heat; sprinkle asafetida, ginger and chilies. Sauté for 30 seconds. Add the vegetables and stir fry for 2-3 minutes. Add water, soy sauce, salt and pepper. Bring to a boil. Reduce the heat to low and cook covered for 20- 30 minutes. Serve hot garnished with coriander leaves.

\*\* This soup is very good for sore throat and cold etc.

**Serves:** 4-5

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