

Recipe

Gingered Curry of Carrot and Bell Pepper Soup

By

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Ingredients

- 1 Tbsp oil
- ½ Tsp yellow asafetida powder
- 1 Tbsp finely grated ginger
- 4 carrots, peeled and chopped
- 1 large bell pepper (capsicum), chopped
- 1½ Tbsp rasam powder
- 4½ C water
- 1 Tsp salt
- 2 Tbsp chopped coriander leaves

Preparation

1. Heat the oil in a saucepan over moderate heat. Sprinkle the asafetida powder, then add ginger and sauté for a few seconds. Add carrots and bell pepper and stir-fry for 2-3 minutes.
2. Add the rasam powder and cook for another one minute. Add the water and salt, bring to a boil, turn down the heat to a simmer, cover and cook for 20 minutes or until the vegetables are tender. Add the coriander leaves.
3. Transfer the contents of the soup to a blender and process until smooth. Pour it back to the saucepan and cook for another 5 minutes over low heat and serve hot.

Serves

4-6

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Hare Rama Hare Rama Rama Rama Hare Hare**