

NUTRITIOUS SPINACH SOUP



Serve as a starter with croutons / a sprig of basil or enjoy it any time of the day as a light snack

INGREDIENTS

- Onion - $\frac{1}{3}$ cup, chopped
- Tomato - $\frac{1}{2}$ cup, chopped
- Green chili - 1 small
- Ginger - $\frac{1}{4}$ inch piece
- Garlic clove - 1
- Water - 1 $\frac{1}{2}$ cups
- Spinach - 2 cups, packed
- Ghee (Clarified butter) - 1 teaspoon
- Garlic - 1 teaspoon, grated or paste
- Salt - to taste
- Pepper powder - $\frac{1}{4}$ teaspoon
- Milk - $\frac{1}{4}$ cup

DIRECTIONS

- Take a deep pan. add onion, tomato, green chili, ginger and garlic with water in it. Bring it to a boil on medium heat and let it cook for 10-12 minutes. By this time onion and tomatoes get soft.
- Let the mixture cool down a bit and make smooth puree in the blender.
- Heat the ghee in a pan on medium heat. Once hot sautee garlic.
- Then add pureed spinach, salt and pepper. Let it simmer for 5 minutes.
- Lastly add milk and bring it to a boil and serve.