

Ingredients

Quantity	Measure	Ingredients	Description
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Method

Wash and cut mushrooms into four. Peel and cut carrots into pieces. Wash capsicum, halve, deseed and cut into quarter . Reserve a little for garnish.

Boil carrots and green peas in vegetable stock or water. Keep aside.

Dissolve corn flour in half cup water. Beat egg white lightly. Keep aside.

Heat oil, add mushroom pieces and sauté, then add capsicum pieces and sauté.

Add boiled carrot pieces, corn niblets and vegetable stock or water and mix.

Add salt, sugar and crushed red chillies. Add green peas and mix.

When the mixture begins to boil add corn flour dissolved in water and mix well.

Finally add the beaten egg white, stir lightly and serve hot garnished with chopped capsicum.

Mushroom and Carrot Soup

Serves number of people : 04

Proteins : 1.2 gms.. Carbohydrates : 5.6 gms..

Fats : 1.2 gms. Calories per serving : 45 kals