

Murungai Keerai Soup Recipe



We have this drumstick tree / Murungai keerai tree in our garden. So my mom used to make this drumstick leaves soup often. Its almost november and climate has changed. This is a right time to drink lot of hot and healthy soups on a chilly day. This Murungai Keerai Soup is very good for our health, pretty easy to make and it has got nice taste and flavour. I love all recipes made of drumstick leaves like murungakeerai poriyal or murungaikeerai sambar or kulambhu or [murungai keerai adai](#). The every part of the drumstick tree, has got medicinal properties. So try to include drumstick leaves in your diet and stay healthy.

Health Benefits of Drumstick Leaves

- Drumstick leaves are good for diabetic patients as it reduces the blood sugar level.
- It helps in blood circulation and purify the blood.
- Good for pregnant women and lactating mother.

- Good for asthma patients.
- They are rich in potassium and calcium, so it strengthen the bone development.

Murungai Keerai Soup Recipe / Drumstick Leaves Soup Recipe

Ingredients

Preparation Time : 10 mins Cooking Time : 15 mins Serves: 4

- 1 Cup of Murungai Keerai / Drumstick Leaves
- 1 Handful of Small Onion (12 nos)
- 6 Garlic Cloves (Big)
- 1 Tsp of Cumin
- 1 Tsp of Pepper
- 1 Tsp of Gingelly Oil
- 1/4 Tsp of Turmeric Powder
- Salt and Water as needed

Method for Murungai Keerai Soup

- In a mixie, grind all the ingredients except gingelly oil, turmeric powder, salt and water.
- Heat a pan, add required water about 4 cups, salt, gingelly oil, turmeric powder and ground mixture. Mix everything together. Allow it to boil for 10-15 mins in medium high flame and wait until it get reduced to 3 cups.
- Finally filter the soup, check for salt and pepper, add it if needed.
- Serve hot.

Tips

- You can follow the same method by using different greens

to make soup.

- Adjust the amount of pepper and salt to taste.



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