

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 strengthens 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 gets 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.



Tags : [murungai keerai soup](#), [murungai keerai soup recipe](#), [drumstick leaves soup recipe](#), [drumstick leaves recipe](#), [soup recipe](#), [south indian soup recipes](#), [soup seivadhu eppadi](#), [easy keerai soup recipe](#).

[Vallarai Keerai Chutney Recipe / Vallarai Thuvaiyal](#)

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Vallarai Thogayal

Vallarai Thuvaiyal / Vallarai Keerai Chutney Recipe is very simple to make dish, it goes well with rice or idly or dosa. Vallarai keerai also called Indian pennywort is good for kids to enhance memory power and eye power. This wonderful herb is used to treat skin diseases, high blood pressure and controls blood sugar level. Also it helps in blood circulation and

prevents premature ageing. You can make lot of recipes with vallarai (Brahmi) like vallarai sambar or vallarai rasam or kootu. Try this simple yummy vallarai thuvaiyal for rice.

Try my other thuvaiyal Recipes

1. [Pudhina Thuvaiyal](#)
2. [Pirandai Thuvaiyal](#)

Ingredients for Vallarai Keerai Chutney Recipe

- 1 Cup of Vallarai keerai
- Handful of Urad Dal
- Few Curry Leaves
- 2 Big Red Chillies
- 6 Pieces of Coconut
- Grape Size of Tamarind
- 1/4 Tsp of Asafoetida
- 4 Garlic Cloves
- Salt to taste

Method for Vallarai Keerai Chutney Recipe



- Heat oil in a pan, add the vallarai leaves, saute this few mins and transfer this leaves to a plate. Allow it

to cool.

- Heat the same pan with oil, add red chillies, garlic cloves, asafoetida, curry leaves, saute this few mins.
- Add urad dal, saute this until it turns light brown colour.
- Add tamarind, coconut, fry this for few mins and transfer it to a plate and allow it to cool.
- Grind all the ingredients along with salt and water.
- Transfer the chutney to the serving bowl.

Tips

- You can add green chilly instead of red chilly for spicy taste.
- If you want, you can temper it with oil and mustard seeds.
- You can use this keerai to make sambar or rasam or kootu.

Vallarai Keerai Chutney

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Tags: [vallarai keerai](#), [vallarai keerai chutney](#), [vallarai keerai chutney recipe](#), [vallarai thuvaiyal](#), [vallarai keerai thogayal](#), [Indian pennywort chutney](#), [how to make vallarai keerai thogayal](#), [prepare vallarai chutney](#), [memory power boosting green chutney](#), [thuvaiyal recipes](#), [tamil healthy recipes](#).

Easy Ragi Almond Ladoo Recipe



Looking for some healthy sweet recipe for diwali, then try this easy ragi almond ladoo recipe. Ragi is called Finger millet in english. Ragi are rich in calcium, fiber and they are good for weight loss and to reduce cholesterol.

To make this ragi ladoo (pearl millet ladoo), you need some

ragi flour, sugar, ghee and nuts. You can use store bought ragi flour or sprouted ragi flour to make this ladoo. You can add powdered jaggery instead of powdered sugar for sweetness. Though they don't look appetising, they are very nutritious and healthy ladoo recipe to make for diwali 2014.

How to make Ragi Almond Ladoo Recipe

Preparation Time : 10 mins

Cooking Time : 10 mins

Serves : 10 ladoos

Ingredients for Ragi Almond ladoo recipe

- 1 Cup of Ragi Flour (Finger Millet)
- 3/4 cup of Powdered Sugar
- 1 Tbsp of Milk
- 3 Tbsp of Ghee (Clarified Butter)
- 1/2 Tsp of Cardamom Powder
- Few Cashews to garnish.
- 7-10 Almonds

Method for Ragi Almond ladoo recipe

- Heat ghee in a pan, roast the almonds, grind it to a coarse powder.
- In the same pan, roast the ragi flour for 5 mins in a low flame. Transfer this roasted ragi flour to a bowl.
- Add powdered sugar, warm ghee, milk, powdered almond powder, cardamom powder, mix well .
- Take this mixture and roll into small laddos. Garnish with cashews.
- Yummy and healthy ragi laddo are ready to serve.

Tips

- You can add powdered jaggery instead of powdered sugar.
- Follow the same recipe to make kambu ladoo (pearl millet ladoo)
- While making ladoo, make sure the mixture is warm so that it binds.
- You can use any nuts of your choice like pistachios, hazelnut, walnut etc.
- To enhance taste of this ladoo, additionally you can add sesame seeds or peanuts.



.Tags : [ragi ladoo](#), [ragi ladoo recipe](#), [ragi almond recipe](#), [easy ragi ladoo](#), [how to make ragi ladoo](#) , [prepare ladoo for diwali](#), [pearl millet ladoo recipe](#), [millet recipe](#), [ladoo](#)

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