Murungai Keerai Soup Recipe



We have this drumkstick 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.



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.

PARSLEY SOUP / CARROT AND PARSLEY SOUP



Parsley Soup Recipe – Carrot and parsley soup recipe

Parsley is a world's most popular culinary and medicinal herb, native to Mediterranean part of the world. Parsley soup is great in taste and very easy to make soup recipe to serve in any weather because this soup tastes yummy hot or in cold.. I really like the combination of carrot and parsley which adds deliciousness and vibrant taste to the vegetable soup. This is prepared with carrot, onion, garlic, spices and butter. Just toast the bread and serve this parsley soup for lunch or dinner and a great recipe for easter.

- Preparation Time – 10 mins
- Cooking TIme – 20 mins
- Servings – 4 – 5 people

Ingredients

- 3/4 Cup of Parlsey Leaves

- 1 Big Onion, chopped
- 4 Garlic Cloves, chopped
- 1 Big Carrot, chopped
- 1 Spring Onion (Green Onion), chopped
- Small Cinnamon Stick
- 12-15 Pepper Corns
- Pinch of Italian Seasoning
- 2 Tsp of Olive Oil
- 1/2 Cup of Milk
- 1 Tbsp of Butter
- Salt to taste

Method

- Heat a pan with oil, when it is hot, add cinnamon stick, chopped onion, peppercorns and garlic cloves, fry it for 3-5 mins. When it is cooked, add chopped carrot, italian seasoning and parsley, fry it for a while, add little water, close the lid and cook it for 5 mins until it get cooked, switch off. Cool it and blend it in a mixie.
- Heat a same pan, transfer the ground parsley paste, add milk and butter, cook until you see the bubbles at the top. Turn off.
- Finally garnish with chopped spring onion.
- Hot carrot parsley soup is ready to serve with bread sandwich.

Tips

- You can combine any vegetable instead of carrot.
- Adjust the spicy taste by reducing the no of peppercorns.
- If you don’t want to add butter, just avoid it.
- use cream in place of milk for more creamy taste.

Health Benefits of Parsley

- Lowers the risk of cancer.
- Rich in vitamin A, b, c and k.
- Enhance your immune system.
- Good for liver and heart.
- Fights bad breath.



Mango Rice / Maangai Sadam / Raw Mango Masala Rice

In India, summer has started.. When I think of summer, three things comes to my mind, they are mangoes, hot weather and vacation. Variety of mangoes started flooding the market. So I bought raw and ripened mangoes. I made this easy one pot meal (variety rice) with mango, it is very simple to make rice dish with less ingredients and it tastes more like south Indian Lemon Rice . In this mango rice recipe, the mango gives a tangy taste and it is counter balanced with aromatic

masala which has red chillies, ginger, coconut and cumin in it. You can make this mango rice for ugadi festival menu, and it is perfect to pack for kids and adults lunch box.



- Preparation Time : 15 Mins
- Cooking Time : 10 Mins
- Servings : 2 People

Ingredients

To Grind

- 4 Red Chilies
- 1 Inch of Ginger
- 1 Tsp of Cumin
- 2 Tbsp of Grated Coconut
- Few Curry Leaves
- 6 Small Onions(Shallots)

To Temper

- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 1 Tsp of Channa Dal (Bengal Gram)
- Pinch of Hing

Other Ingredients

- 2 Cups of Cooked White Rice
- 1 Cup of Grated Mango
- 2 Tbsp of Gingelly Oil
- 1/2 Tsp of Turmeric Powder
- Salt as needed

Method

- Cook the white rice in a pressure cooker for 3 whistles. Open the lid and cool down the rice.
- Wash and grate the raw mango finely.
- Grind all the ingredients listed under ” To Grind ” without adding water.
- Heat a pan with oil, add mustard seeds, urad dal, channa dal and hing, after it sizzles and dal changes color, in a medium flame, add turmeric powder, fry for a min. Add grated mango, ground masala and salt fry for 5 mins until raw smell vanishes. Turn off the flame.
- Finally add white rice and little oil, gently mix well make sure not to break the rice grains. Check for salt.
- Garnish with coriander leaves and serve hot with potato fry or papad or appalam.

Tips

- Add peanuts or cashews nuts if you prefer.
- You can use basmathi rice or raw rice or left over rice.

- Cool down the freshly cooked rice before mixing it with masala.

Health Benefits of Raw Mango

- Green mangoes are silver bullet to gastro intestinal problems.
- Rich in vitamin B & C.
- Due to the presence of vitamin C, it strengthens the immune system.
- Useful in the treatment of scurvy.
- Cures blood and liver disorders.


HTTP://FOODYBUDDY.NET/
Mango Rice