

# CABBAGE SOUP FOR WEIGHT WATCHERS



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It's getting cold in my place. So I made this soup and it came out so creamy and yummy. Vegetable soups are a healthy and comforting food to include in our diet. Here I used cabbage to make this soup. This brilliant winter soup really is a complete main course in a bowl and it is rich with onion,

tomato and spices like cumin powder and cinnamon, makes the soup fragrant. Cabbage soup are very good for weight loss and you can add any vegetables like potatoes, carrots or mushrooms along with cabbage. Try this weight loss soup and let me know how it turned out.

## **Ingredients**

200 gms(7 Ounce) of Cabbage, Finely Chopped  
1/4 Cup of Red Onion, Finely Chopped  
1 Small Tomato, Finely Chopped  
1 Big Garlic Clove, Finely Chopped  
1/2 Tsp of Cumin Powder  
1/4 Tsp of White Pepper Powder  
1/4 Tsp of Black Pepper Powder  
1 Tsp of Salt or to taste  
2 Tsp of Olive Oil  
1 Small Cinnamon Stick  
2 Cups of Water  
1 Sprig of Coriander Leaves(Cilantro)

## **Method**

- Heat oil in a pan, when it is hot, add cinnamon stick, onion, garlic and salt, saute this for 2 mins until it turns golden brown.
- Add cabbage, saute this for 2 mins. Add tomato, saute this for few mins. Add cumin powder, white and black pepper powder, mix well. Add 2 cups of water, bring it to a boil, simmer it for 10 – 12 mins until the cabbage turns soft and cooked. Turn off the flame. Let it cool down for 5 mins.
- Transfer the sauteed cabbage and water to a blender (mixie), blend it to a smooth puree.
- Serve this in a soup bowl, garnish with cilantro (coriander leaves) and serve immediately.



### **Tips**

- You can use butter in place of olive oil.
- You can throw the cinnamon stick, if you don't want to grind. Adjust the amount of spiciness according to your taste.
- If you want little more tangy taste to your soup, add lemon juice in the end.
- If you don't have white pepper, just add black pepper.

### **Health Benefits of Cabbage**

- Cabbage has cholesterol lowering benefits when you cook it by steaming.
- It has antioxidant and anti-inflammatory properties.
- Good source of vitamin C, K, potassium and fiber.
- Good for weight loss, thereby reduces the bad cholesterol in the blood.
- Prevents cancer and heart disease.
- Good for eyes, bones, cardiovascular, digestive tract and brain health.



# EASY & QUICK CAULIFLOWER FRY | CAULIFLOWER PORIYAL



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Cauliflower fry is a simple, quick to make side dish. This simple vegetable stir fry can be made with less ingredients in a very less time. It tastes so good with [sambar rice](#) or [rasam rice](#) or [curd rice](#) or any variety rice dishes like [coconut rice](#).

## **Ingredients**

1 Small Cauliflower, about 1 and 1/4 Cup of Florets

1.5 Tsp of [Sambhar Powder](#)

Salt to Taste

Water as needed

### To Temper

2 Tsp of Cooking Oil

1 Tsp of Mustard Seeds

1 Tsp of Urad Dal

1 Sprig of Curry Leaves

### Method

- Separate the florets from cauliflower and wash it in tap water.
- Heat oil in a cast iron pan, when it is hot, add mustard seeds, urad dal and curry leaves, after it splutters, add cauliflower florets and salt, fry this for few mins, sprinkle some water, mix it, cover and cook this for 5 mins until it turns soft and cooked.
- Add [sambhar powder](#) to the cauliflower florets, fry this for a min, in a medium flame, cover and cook this for 5 mins until you get brown spots. Once it done, turn off the flame.
- Serve with [coconut rice](#) or [sambar rice](#) or [rasam rice](#).

### Tips

- Adjust spiciness according to your taste.
- If you don't have sambhar powder, add 2 tsp of coriander powder, 1 tsp of red chily powder and 1/2 tsp of turmeric powder.

### Healthy Benefits of Cauliflower

- Excellent source of antioxidants.
- Anti-inflammatory properties.
- Protect against cardiovascular and cerebrovascular disease.
- Clean your digestive system.
- Good source of vitamin B and minerals.



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**THENGAI SADAM | COCONUT RICE**  
**RECIPE WITH DAL**

## Coconut Rice With Dal



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Coconut rice is my husband's favorite rice dish. This is very easy to make one pot meal that can be done in 15 mins if your cooked rice are ready. This recipe is my husband grand ma's recipe. I really love this rice because of the addition of secret ingredient (moong dal) which makes this rice protein rich and colorful. Here I used coconut oil for tempering the spices, so it makes the rice more flavorful. Best accompaniment for this coconut rice are [colocasia roast](#) or [potato roast](#) or papad (appalam). I had it with [cauliflower fry](#).

### Ingredients

1/4 cup and 2 Tbsp of Coconut (Fresh or Dry), I used

dessicated coconut

- 2 Tbsp of Moong Dal
- 1 Cup of Water
- 2 Cups of Cooked Rice (Pressure Cooked)
- 1 Medium Size Red Onion, Finely Chopped
- 2 Green Chillies
- 1/2 Tsp of Turmeric Powder
- Salt to Taste

### To Temper

- 1 Tbsp of Coconut Oil
- 1 Red Chilly, Big
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- 1 Tsp of Chana Dal (Bengal Gram)
- 1 Sprig of Curry Leaves

### Method

- Heat a pan with water, add moong dal, turmeric powder and little salt, cook in medium flame for 10-15 mins until the dal gets cooked.
- Heat a pan, dry roast the coconut until it turns to light brown color, remove it from pan and keep this aside.
- Heat a pan with oil, when it is hot, add red chilly(break it), mustard seeds, urad dal, bengal gram, curry leaves, after mustard seeds splutters, add chopped onion and green chillies, fry this for few mins until it turns golden brown. Add cooked moong dal, fry for a min, add cooked rice and little salt, mix well with dal and spices. Finally add roasted coconut to the rice, mix well and turn off the flame.
- Protein rich coconut rice is ready to serve with any [colocasia fry](#) or [potato roast](#) or appalam.



### Tips

- You can also make coconut rice without onion and dal.
- Adjust the number of green and red chilly according to your taste buds.
- You can use nuts like peanuts and cashews while tempering.

### Health Benefits of Coconut

- Quick energy boost.
- High in dietary fiber.
- Improves heart health.
- It has anti-bacterial, anti-fungal & anti-parasitic properties.
- Coconut oil can improve blood cholesterol level, boosts brain function.

# Thengai Sadham



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