Knol Kohl Avarampoo Soup Recipe / Diabetes Control Soup



Going beyond blood sugar ? Looking for a soup to control diabetes ??? Here is the diabetic friendly soup – Knol Khol

Avarampoo soup recipe. Kohl rabi soup is an awesome soup packed with full of nutrients and fresh flavors. I used two main ingredients. One is Knol kohl is also called kohl rabi / German cabbage. Appearance is almost look like a cross between cabbage and turnip. I usually make kootu, stir fry and sambar with knol kohl. Knol kohl is rich in vitamin A, B, C and dietary fiber. It has anti-cancer and anti-diabetic properties.

The second one is avarampoo also called Cassia auriculata in English, Tangedu in Telugu and Taravar in Hindi.. This flowers are yellow in colour and is widely grown in remote areas. If you cannot find in your place, you can find dried form of avarampoo in ayurvedic medicinal shops (Nattu Marundhu kattai). You can make lot of recipes with avarampoo like kootu, tea, stir fry and soup. Avarampoo has lot of health benefits like it treats skin problems, cure body odour and it controls blood sugar (Diabetes). Both knol kohl and avarampoo are good for circulatory system.

To make knol kohl diabetic friendly soup, you need knol kohl, avarampoo, onion, garlic, tomatoes and spices. Spices added a nice flavor to soup.

Try to include this ayurvedic soup – knolkohl avarampoo soup once a week and it helps to reduce the blood sugar level.

Ingredients for Knol Kohl Avarampoo Soup Recipe

- 3 Knol Kohl, roughly Chopped
- Handful of Small Onion (10 nos)
- Handful of Avarampoo (Fresh or Dried)
- 7 Garlic Cloves
- 1 inch of Ginger
- 1 Tomato (Medium Sized)
- 1 Tsp of Cumin

- 1 Tsp of Black Pepper
- Salt to Taste
- 5 Cups of Water

Method for Knol Kohl Avarampoo Soup Recipe

- Clean and wash the Knol kohl and Avarampoo.
- In a blender, add all the ingredients, grind it to a smooth paste with 1 cup of water.
- Heat a pan, add the remaining water, add ground mixture, let it comes to a rolling boil and then reduce the flame and wait till it reduces to 3 cups of soup.
- Adjust the salt and pepper and turn off the flame.
- Hot, yummy Knol kohl soup is ready to serve.

Tips

- If you don’t get Knol Knol, replace it with turnip.
- Don’t omit small onion and garlic, they add a nice taste and medicinal value.
- You can find dried form of avarampoo in nattu marundhu kadai or else you can find lot of these flowers in remote villages.



Tags: knol kohl soup, knol kohl avarampoo soup recipe, avarampoo soup recipe, diabetic friendly soup recipe, siddha treatment to control diabetes, Indian style medicine to control diabetes, soup recipe, health benefits of kohl rabi, health benefits of avarampoo, cassia soup, kohl rabi soup, how to make knol kohl soup recipe.

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.

