Kollu Soup Recipe / Horsegram Soup



Kollu soup or Horsegram soup is my favourite soup. Kollu / Horsegram is a legume, is widely consumed in South India especially in Coimbatore and Erode district. It is very high in protein, calcium and iron. Kollu is very good for health and t has lot of benefits like lowers cholesterol, treats skin rashes, reduces flatulence, cures ulcer and fever. You can

make lot of recipes using kollu like kollu paruppu, kollu rasam, kollu thogayal, kollu dosa etc. Kollu soup is very easy to make,delicious, flavorful, hearty and wholesome and works good for weight loss. If you want to reduce weight, take this kollu soup twice or thrice a week, you will feel it fresh and energetic, because you are eating horsefood so gives you more horsepower. Negative side of kollu generates lots of heat to your body results in sores inside mouth so balance it by consuming buttermilk. I am in US, weather is very cold so I made this soup and try this kollu soup recipe in your home and enjoy.

How to make kollu soup recipe at home

Ingredients For Kollu Soup Recipe

Preparation Time : 4 hrs Cooking Time : 30 mins Serves : 4

- 1/2 Cup of Kollu
- 10-12 Small Onions
- 7 Garlic Cloves, Big
- 2 Medium Size Tomato
- 1 Tsp of Cumin
- 1 Tsp of Pepper
- 1/4 Tsp of Turmeric Powder
- 1 Tsp of Oil
- Pinch of Asafoetida
- Salt To Taste
- 3 Cups of Water

Method For Kollu Soup Recipe

- Heat a pan, dry roast the kollu until nice aroma comes. Transfer it to a bowl, add enough water and soak it for 4 hrs or overnight.
- Take a pressure cooker, add roasted kollu and add all the other ingredients listed under the ingredient list. Pressure cook it for 10 whistles. Open the lid after the pressure release on its own. Let it cool it for sometime.
- Grind all the ingredients until it turns smooth. Again transfer it to a pan, add 1 cup of water, bring it to a boil and turn it off. Filter it and serve warm.
- Hot and pipping kollu soup is ready to serve.

Tips

- You can also make soup without roasting kollu.
- Adjust the amount of pepper and salt according to your taste.

Tags : kollu soup, kollu soup recipe, how to make kollu soup at home, prepare kollu soup, south indian kollu recipe, kollu recipe, soup recipe, coimbatore style kollu recipe