

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 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](#).

[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](#).

Diwali Sweets and Snacks Recipes / Diwali Recipes 2014

Diwali Sweets and Snacks Recipes – Easy Diwali Recipes 2014

Deepavali or Diwali is certainly the biggest and brightest of all Hindu festivals. Diwali is around the corner and this year Diwali is on 22nd of October 2014. With this post, I want to wish all my readers Happy Diwali. I hope this festival of lights brings you all happiness, prosperity and peace in your life.

I have compiled all the Diwali recipes in slide show (Diwali Sweets includes Adhirasam, laddoo recipes, coconut burfi, halwa recipes, poli, payasam recipes) (Diwali Snacks includes Murukku recipes, ribbon pakoda, karasev and vada recipes) Try this diwali sweets and snacks in your home and share it with your neighbour and friends. “Happy Diwali to all my readers”

32 Diwali Recipes



Adhirasam



Badam Mysore Pak



Rava Ladoo



Red Aval Ladoo
Aval Ladoo



Rasgulla



Ragi Almond Ladoo



Kaju Katli



Puran Poli



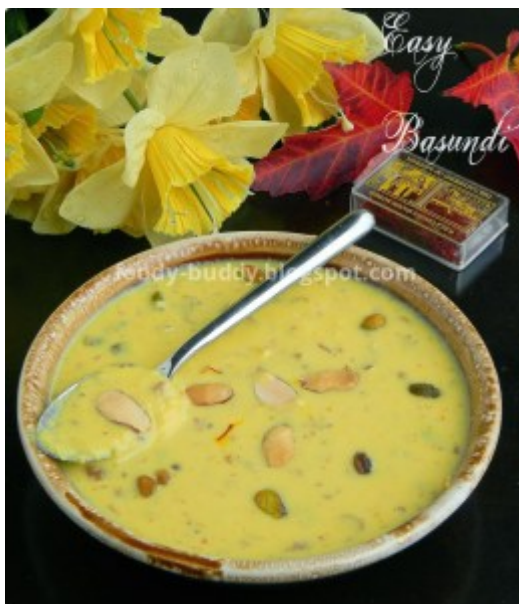
Coconut Burfi



Kalkandu Sadham



Kandarappam



Basundi



Sago Payasam



Yellow Pumpkin Payasam



Moong Dal Payasam



Rava Kesari



Carrot Halwa



Microwave Carrot Halwa



Carrot Kheer



Condensed Milk Recipe



Suzhiyam



Nan Khatai

Nankhattai



Mullu Murukku



Thenkuzhal Murukku



Butter Murukku

Butter Murukku



Ribbon Pakoda



✳️ Spicy Garlic Karasev ✳️

Spicy Garlic Karasev



Thattai



Cornflakes Mixture



Maida Biscuits



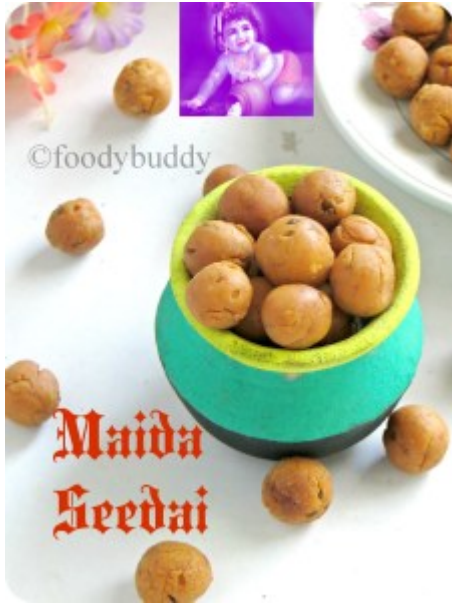
Vazhaikkai Bhajji



Medu Vada



Aval Vadai



Maida Seedai

TAGS: [diwali recipes](#), [diwali recipes 2014](#), [diwali sweets](#), [diwali savouries](#), [easy diwali sweets](#), [festival recipes](#), [murukku recipes for diwali](#), [halwa recipes for diwali](#), [adhirasam recipes](#), [mysore pauk recipes](#), [quick diwali recipes](#), [south Indian diwali recipes](#), [diwali seivadhu epadi](#), [diwali recipes for kids](#), [deepavali recipes 2014](#), [traditional diwali recipes](#), [how to make diwali recipes at home](#).