

VEG MANCHOW SOUP | HOW TO MAKE MANCHOW SOUP

A popular Indo – chinese soup served widely in Indian restaurants. It is a spicy, hot and a tangy soup prepared from various vegetables, served with fried noodles.

A healthy and a delicious way to incorporate all the veggies and make the kids indulge in some yummy soup specially during winters.

My kiddos favourite and he approves this one. Yaay !!

Serve the hot Vegetable Manchow Soup in individual bowls garnished with fried noodles and green spring onions as a wholesome meal own its own.

PREPARATION TIME – 15 MINUTES

COOKING TIME – 15 MINUTES

SERVES – 4

INGREDIENTS –

2 tbsp – Oil

1 tbsp – Ginger, finely chopped

2 tbsp – garlic, finely chopped

2 – green chilly, finely chopped

1/2 cup – Cabbage, finely chopped

1/2 cup – Carrot, finely chopped

1/4 cup – Green Beans, finely chopped

1/4 cup – capsicum, finely chopped

6 pcs – button Mushroom, finely chopped

Salt to taste

Black Pepper, freshly ground

1.5 tbsp – Soy Sauce

1 tbsp – Chilli Sauce

4 cup Vegetable Stock or water

2 tbsp – Corn Flour

1/2 tsp – Vinegar

Spring Onion, finely chopped

To serve – fried noodles

METHOD –

Heat oil in a wok or a pan.

Add finely chopped ginger and garlic to it. Fry till golden brown.

Now add the chopped cabbage, carrots, green beans, capsicum and mushroom to it. Mix well. Cook for 5-7 minutes in high flame.

Add salt, black pepper, soy sauce and chilli sauce to it. Mix well.

Add vegetable stock/water to it. Mix well. Boil it for 2-3 minutes.

Now take some corn flour in a bowl and add half cup water to it. Mix well.

Add the corn flour-water mixture to the soup. Mix well.

Add vinegar to it. Mix.

Boil it till it becomes thick.

Now add spring onion and mix. Turn off the heat.

Serve hot with fried noodles.

NOTES –

Add spices according to your preference.

You can always use water instead of vegetable stock.

Add vegetables of your choice.

ENJOY:))

HAPPY EATING!!

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