





1 carrot 1 zucchini 1 onion Half bunch spinach 1 potato 4 tbsp vegetable oil 2 cups milk 1/3 cup orzo 1 tsp salt

Chop the carrot, zucchini, onion, spinach and potato, boil with some water until they soften.

Boil the orzo for a while also.

Blend the boiled vegetables to get the mixture smooth. (Blend the vegetables with the boiling water of them.)

Place the blended vegetables into the pot, add milk, oil and boiled orzo, and add salt into the pot finally.

Add water but do not make it so sloppy. (Add about 2 + 1/2 cups water.)

Boil it for once. Fill into the soup bowls, and serve hot.

Note: If you want the soup be granulated; roast 1 tbsp flour with oil, add the chopped vegetables, and cook the soup with same method.

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