



Healthy Indian Bites	
Eat Healthy, Live Healthy.	



Spinach Soup

Spinach Soup food recipe is a healthy food combination of spinach and Gram flour. It is power pack of nutrients. Food combination is a good source of vitamins and minerals. Recipe is a whole meal in itself that can be taken during lunch or dinner of vegan diet. No additives are added to it cooking recipe.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Cooking this recipe, we have taken utmost care to consider health benefits obtained eating food combination of spinach and Gram flour. Hopefully, viewers like it. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [social media](#).

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Best Vegan Soups Ever. Spinach Soup.

1. Spinach soup is a whole meal in itself. It packs healthy nutrition obtained from plant and plant products. It can be taken following [vegan diet](#) plan.
2. [Spinach](#) is good source of fiber, Vitamin A, Vitamin C, Vitamin K1, folic acid, manganese.
3. [Gram flour](#) is good for weight management. It lowers blood sugar level, as it digests slowly. Also, good for heart health, gut health and bones.

Best Homemade Vegan Spinach Soup



Cooking Ingredients:

- 250 gm coarsely chopped spinach or take baby spinach.
- 2 teaspoon salt.
- 1-2 teaspoon cooking oil. We cooked using [*kachi ghani mustard oil*](#).
- 3 tomatoes.
- 2-3 green chili.
- 1 whole garlic. (6-8 strands of gralic).
- 1 teaspoon sesame seeds
- 1 teaspoon carrom seeds
- 1 teaspoon mustard seeds
- 3-4 teaspoon of gram flour/ chickpea flour.
- 1 teaspoon crushed black pepper.

Pre-preparation cooking steps.



1. 250 gm coarsely chopped spinach or take baby spinach add to pan.
2. Add 1 spoon salt and boil and [*blanch*](#) it in water on low flame for 4-5 min.
3. Roast whole tomatoes, garlic and green chili on tawa or pan for 3-4 min.
4. Cool down and chop heated tomatoes and green chili. Unpeel garlic into pieces.
5. Add it all into mixer grinder. Grind into tomato paste.

Spinach Soup Cooking Method:



1. Add 1-2 spoon mustard oil to pan and heat at low flame.
2. Add 1 spoon salt, mustard, sesame, carrom to pan. Mix well.
3. Add tomato paste to pan. Mix well and let it cook for 1-2 min.
4. Add blanched spinach to pool. Smash it for 1-2 min, till it releases water.
5. Add chickpea/gram flour with tomato sauce and smashed spinach. Mix well.
6. Add crushed black pepper and roast for 1-2 min.
7. Add water and let it simmer for 2-3 min.
8. Serve hot. Take it plain or as a side dish in a meal.

Positive Effects of Vegan Diet

- It helps losing weight and maintain healthy lifestyle.
- It helps fight against [cancers](#).
- Prevents getting [cardiovascular disease](#), keeps blood pressure in check.
- Maintains [blood sugar level](#). Thus, benefits diabetics.
- Reduces pain and inflammation occurring due to [arthritis](#). Helps dealing with [osteoporosis](#).