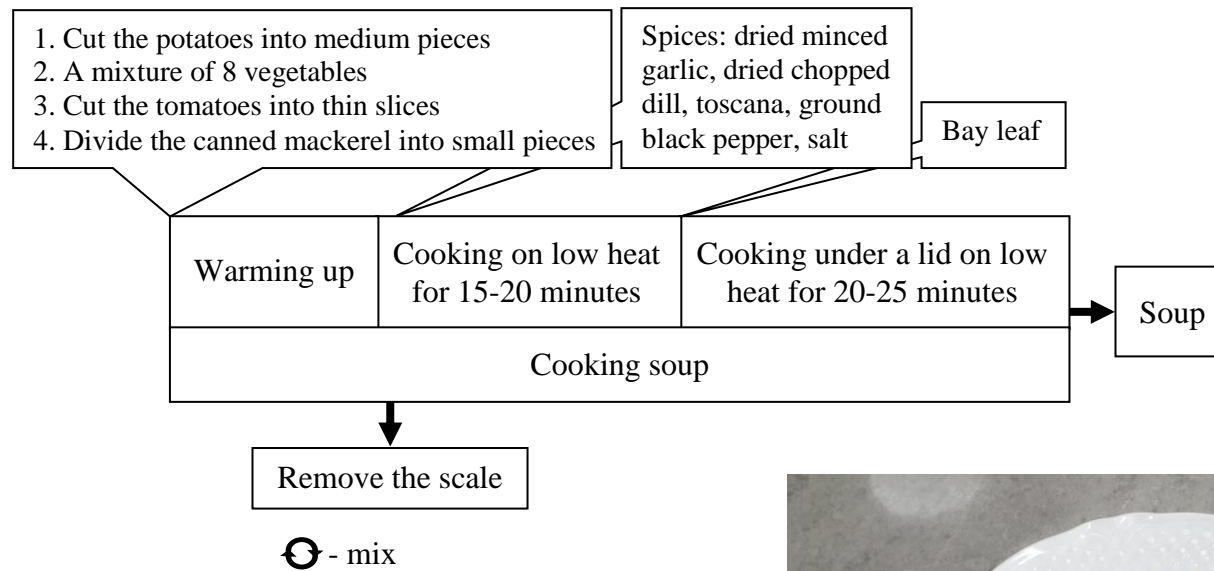


Soup with canned mackerel "Light soup" (khurs.ru - 2020)



1. Canned mackerel – 2 cans
2. Potatoes – 700-800 g
3. Red tomatoes – 400 g
4. A mixture of 8 fast-frozen vegetables - 400 g
5. Dried ground garlic – 0.5-0.6 tablespoons
6. Dried chopped dill – 1 tablespoon
7. Ground black pepper – 0.25-0.3 teaspoons
8. Toscana – 0.5-0.6 teaspoons
9. Salt – 1 tablespoon
10. Bay leaf
11. Water – 2.5-3 liters



Soup with canned mackerel "Light soup"



1. Take a canned sardine



2. Divide the sardine fillet into small parts



3. Take a mixture of 8 fast-frozen vegetables



4. Defrost the mixture of 8 vegetables



5. Peel the potatoes



6. Cut the potatoes into medium pieces



7. Take the tomatoes



8. Cut the tomatoes into thin slices



9. We measure the proportions of spices



10. Put a saucepan of water on the fire



11. Put the potatoes in the saucepan



12. Put the mixture of 8 vegetables in a saucepan

Soup with canned mackerel "Light soup"



13. Put the tomatoes in a saucepan



14. Put the mackerel in a saucepan



15. Remove the scale



16. Put the spices in a saucepan



17. Mix the contents of the saucepan



18. Put the bay leaf in the saucepan



19. Cover the saucepan with a lid and cook over low heat



20. We serve it on the table