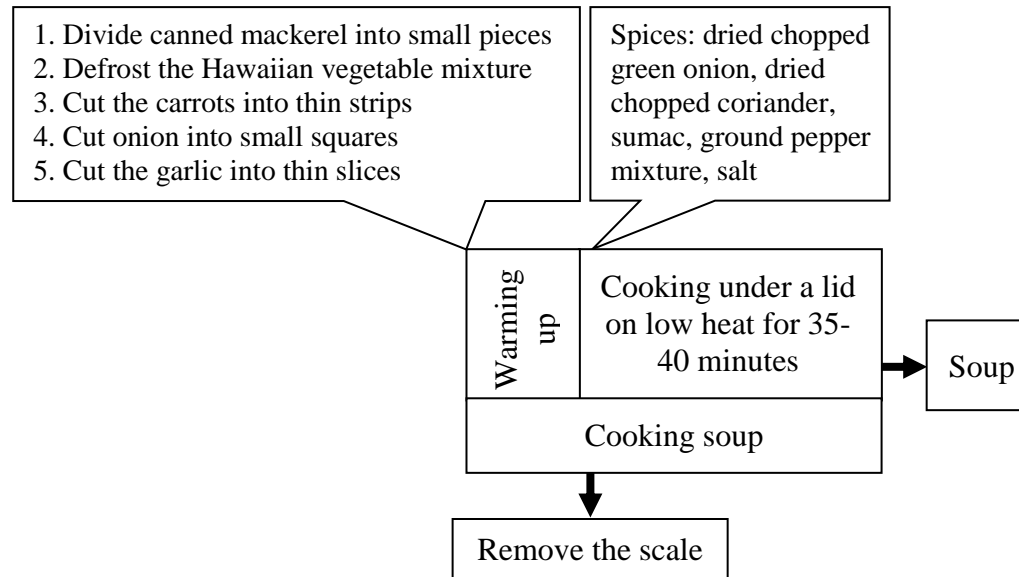


## Soup with canned mackerel "Hawaiian" (khurs.ru - 2022)



1. Canned mackerel – 3 cans
2. Hawaiian quick-frozen vegetable mix - 400 g
3. Carrots – 50 g
4. Onion – 200 g
5. Garlic – 4-5 cloves
6. Dried chopped green onion – 1-1.5 tablespoons
7. Dried chopped coriander greens - 1 tablespoon
8. Sumac – 0.5-1 tablespoon
9. Ground pepper mixture – 0.3 teaspoons
10. Salt – 1-1.5 tablespoons
11. Water – 2.5-3 liters



## Soup with canned mackerel "Hawaiian"



1. Take the Hawaiian vegetable mixture



2. Defrost the Hawaiian vegetable mixture



3. Take the canned mackerel



4. We open the canned food



5. Chop the canned mackerel



6. Peel the onion



7. Cut the onion into small squares



8. Peel the carrots



9. Cut the carrots into thin strips



10. Peel the garlic



11. Cut the garlic into thin plates



12. Measure the proportions of spices

## Soup with canned mackerel "Hawaiian"



13. Put a saucepan of water on the fire



14. Put garlic in a saucepan



15. Put the onion in a saucepan



16. Put the carrots in a saucepan



17. Put the mackerel in a saucepan



18. Put the Hawaiian vegetable mixture in a saucepan



19. Put the spices in a saucepan



20. Mix the contents of the saucepan



21. Remove the scale, cook over low heat



22. Put the bay leaf in a saucepan



23. The soup is ready



24. We serve it on the table