

Soup for cooling, cool soup, delicious soup for summer

Cool, nutritious soup and refreshing soup are indispensable items in the meal, in the summer they are even more popular. The following article will help you get more recipes for summer soup.

In summer the hot weather makes us feel uncomfortable and tired. The body loses water so it needs to provide a large amount of water to compensate for the body. Besides filtered water and fruit juices, soup is a dish that can also provide water to the body and is an indispensable dish in every hot summer day meal. In order to help your family have delicious soup in the summer day, we will introduce you to 4 recipes of delicious soup to cool summer days, and easy to cook and simple. Let's go to the kitchen to help our family enjoy it.

1. Summer heat mushroom meat chili soup

Chives are a familiar vegetable for many of our Vietnamese people. Besides the use of many diseases, chives are also used to cook soup and to be a delicious rustic dish. As the name of the dish, the main ingredients for this soup include meat, chives and mushrooms, and also need to add some ingredients and spices:



1. 100 g lean meat
2. 100 g of mushrooms
3. 1 piece of white bean mold
4. 1 handful of chives
5. Fish sauce, main noodles, salt, red onions

Processing:

Step 1:

Minced meat, after buying, add a bit of minced onions, spices, main noodles, less cooking oil. Then turn into small pieces of meat and let the spices soak in the meat for about 10-15 minutes.



Step 2:

Mushroom, after buying, cut into pieces to eat and soak in warm water for about 20 minutes for soft mushrooms.

Step 3:

The chives are washed, then cut into pieces 2-3cm long.

Step 4:

Tofu is washed and cut into square pieces. To help make tofu richer, you can dip the beans through diluted fish sauce, then put them in a dish.

Step 5:

Bring a pot of water to a boil, then put the meatballs in the pot, bring to a boil, when the soup boils, if there is foam, you can take it out to make the broth clear and have a bar. When the meat is cooked, add the mushrooms and tofu to the boil again and finally give the chives and seasoning to taste.



This is a simple soup, which helps us to cool off the upcoming summer.

2. Bitter vegetable soup cooked with delicious rustic dishes

Shrimp-cooked bitter vegetables are a rustic dish, quite familiar to us. This soup has a cool, sweet taste, extremely detoxifying heat in the hot summer sun!



To make this soup, the ingredients we need.

1. A bunch of bitter vegetables 200g - 300g
2. 150g shrimp
3. A clove of garlic crushed peeled and chopped
4. Spices: sugar, pepper, salt (you can use sweet powder or chicken seasoning powder, seasoning powder of different types depending on each taste).

Step 1:

After buying shrimp, rinse and peel and crush the mortar, when pounding, we should season a little sugar, salt and spices to infuse evenly into the shrimp.

Step 2:

Bitter vegetables after buying, pick up damaged branches, cut into small pieces to eat, then wash to drain.

Step 3:

North pot on the stove, for cooking oil and non-yellow garlic, stir-fry shrimp well and add 1 bowl of water to the soup.



Step 4:

Wait for the pot to boil again, and add the bitter vegetables to taste the seasoning again, then scoop the soup to enjoy.

3. Sour soup with star fruit

The sour taste of star fruit will help this soup taste good, just strange for a meal in these hot summer days of your family. To make this soup, it's very simple we need the following ingredients.



1. Mussels: 300 g of boiled mussels available
2. Tomatoes: 2 fruits
3. Carambola: 2 fruits
4. Me: 100 g
5. Flower onions, dried onions, dill
6. Spice

Processing

Step 1:

Our mussels can buy boiled, ready-to-eat types in markets or supermarkets. Or you can buy fresh mussels to boil them and get them all.

Step 2:

Carambola sour should be washed, discarded the edge of star fruit to not be bitter, smash the star fruit soaked in the water basin for less sour taste, then cut into star shape. Tomatoes and herbs are washed and chopped to taste.

Step 3:

North pot on the stove, non-aromatic onion, then add 1/2 to stir-fry tomatoes to soften and color the pot of water, use a spoon to crush the tomatoes and add the fried mussel and a little stir-fry.

Step 4:

Decant slowly boiling the mussels into the pot (leaving the residue). Boil the water then drop the star fruit. Bring to a boil for 1 minute, then drop to ½ of the remaining tomato in the pot. If you like to eat sour, you can take a little tamarind, filter and remove the seeds to pour tamarind juice into the soup. Wait for the soup to boil again, taste and taste and drop the onion vegetable and turn off the stove.



Hopefully, the recipes that have just been introduced will help you to have a recipe for making delicious dishes to treat your family this summer.

Hope you are succesful.

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