



Sopa de arco iris

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Level 2



"¿Qué debemos hacer para el almuerzo de hoy?" pregunta Paati¹.

"¡Hagamos un sambar de arco iris!"
Dice Bhavya.

"¿Cómo haces un sambar² de arco iris?" Pregunta Paati.

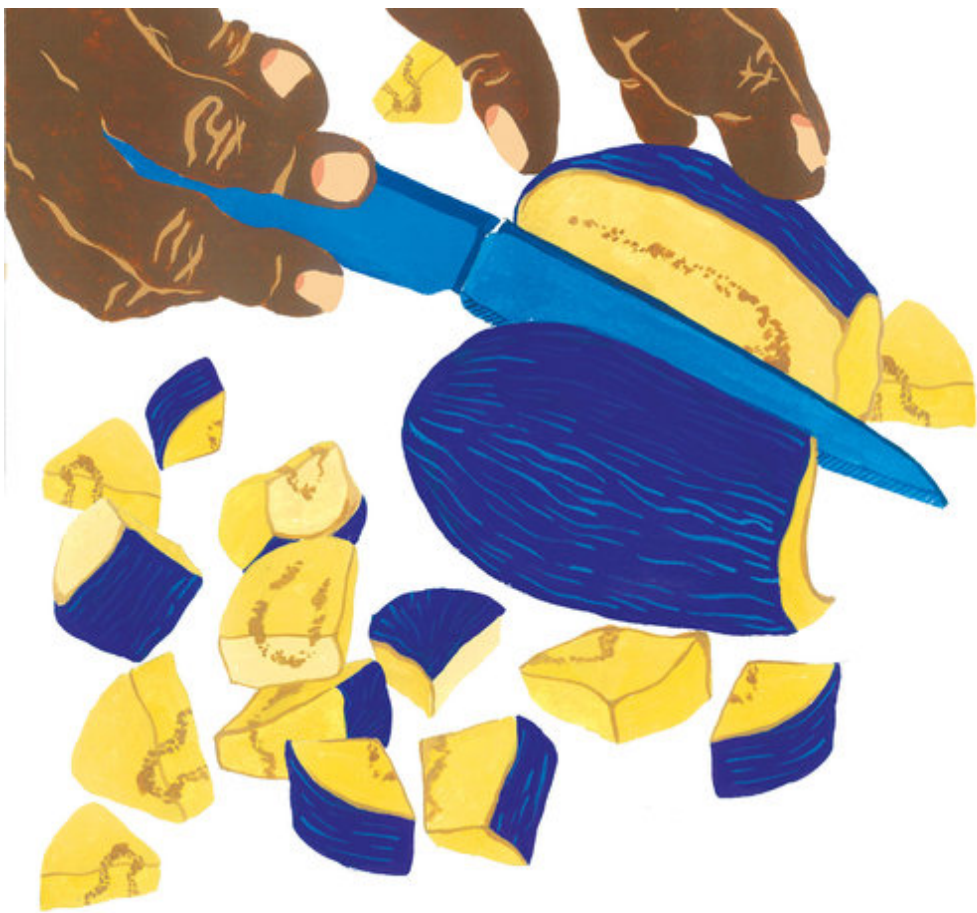
"Te lo mostraré," dice Bhavya.

Pequeñas cebollas violetas.

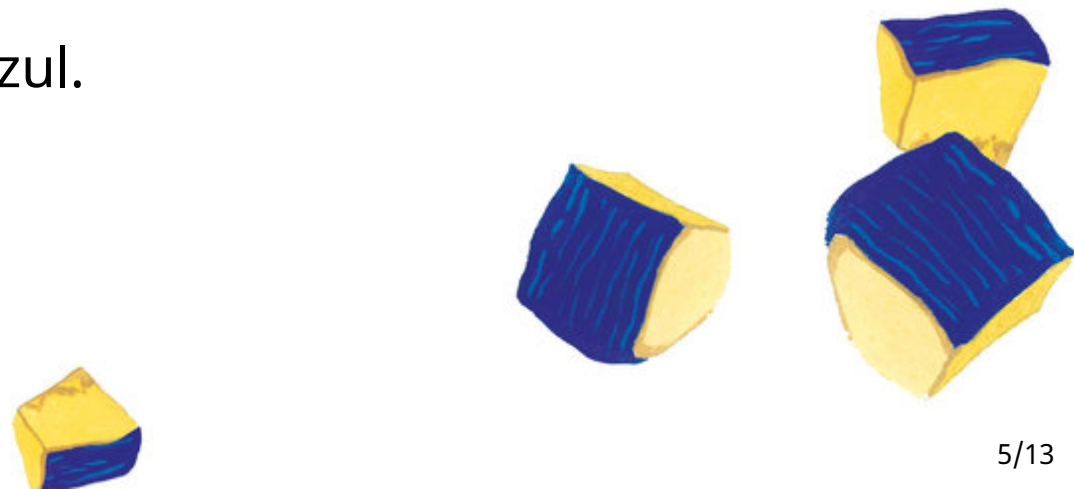


Berenjenas añiles





Picarlas con un cuchillo azul.



Delgadas moringas³ verdes





Redonda cereal de toor⁴ amarilla



Frescas zanahorias anaranjadas



Jugosos tomates rojos





Todas las verduras, Lavarlas, picarlas.
Ponlas en una olla. Añade el
tamarindo dorado marrón y el
amarillo picante polvo sambar⁵.



Freírlas.
Revuelva bien.
Déjalas chisporrotear y cocine a
fuego lento.



Así es como se hace.
¡Sambar del arco iris!

¿Lo sabías ?

1. **Paati** - Se refiere a abuela en Tamil, una lengua de India.
2. **Sambar** - Un tipo de sopa de lenteja con verduras se hace en el sur de India.
3. **Moringa** - Se llama drumstick en inglés. Es un tipo de verdura como un palo que se usan en las sopas.
4. **Cereal de toor** - se usa en sopa en casi todas las partes de India.
5. **Amarillo picante polvo sambar** - Este polvo esta hecho de algunas especias de India. Se usa para hacer sambar. Hay muchos tipos de los polvos hechos de especias en Indian.

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Sopa de arco iris

(Spanish)

¿Qué van a comer hoy, Bhavya y Paati? ¡Claro! El plato favorito de Bhavya - Sopa de arco iris. ¡Vayamos a reunirnos con las dos y disfrutemos una deliciosa comida!

This is a Level 2 book for children who recognize familiar words and can read new words with help.



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