



Warming Lentil Soup

This warming lentil soup is a nourishing Ayurvedic soup recipe that supports digestion while offering grounding comfort.

Servings: 2

Preparation Time: 1 hour



Ingredients

- 2 tablespoons **ghee** (or make your own **ghee**)
- 1-2 garlic cloves, minced
- ½-1 teaspoon **ground cumin**
- ½ teaspoon **smoked paprika** (optional)
- ½-1 teaspoon dried **thyme**
- ¼ teaspoon **black pepper**
- 1 small **bay leaf**
- ½ medium onion, diced
- 1 carrot, diced
- 1 potato, diced
- ½ teaspoon salt (adjust to taste)
- ¾ cup dried lentils (**green** or **red**)
- 3 cups water (or stock can be used)
- 1 tablespoon lime juice (optional)
- Fresh parsley or cilantro, chopped (for garnish)

Warming Lentil Soup (Cont.)



Instructions

- Soak the lentils overnight to reduce gas bloating.
- Heat the ghee in a medium pot over medium heat.
- Add the minced garlic, ground cumin, smoked paprika (if using), thyme, black pepper, and bay leaf. Sauté until fragrant.
- Stir in the diced onion, carrots, and potato.
- Add the salt. Sauté, stirring occasionally, until the vegetables soften and slightly brown--this will give you a lot of flavor.
- Rinse the lentils thoroughly under cold water. Add them to the pot, along with the water. Stir to combine.
- Bring the mixture to a boil, then reduce the heat to low. Let it simmer for 25-30 minutes (for red lentils) or 35-40 minutes (for green or brown lentils), until the lentils are tender. They must be tender or they will create gas and bloating.
- Remove the bay leaf. Stir in the lime juice.
- Serve: Ladle the soup into bowls and garnish with fresh parsley or cilantro. Serve warm with crusty bread or a side salad.

Warming Lentil Soup (Cont.)



This recipe is excellent for all types during fall through winter. Vata should use hing to promote better digestion of the lentils.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

