



Spring Vegetable Soup Recipe

This spring vegetable soup is a light Ayurvedic soup recipe designed to support digestion and seasonal balance.

Servings: 2-3

Preparation Time: 30 minutes

(10 minutes prep, 20 minutes cooking)



Ingredients

- 1 tbsp **ghee (or make your own ghee)** or **coconut oil**
- 1 tsp **cumin seeds**
- 1/2 tsp **turmeric powder**
- 1/2 tsp **coriander powder**
- 1-inch piece of ginger, finely chopped or grated
- 1 small zucchini, diced
- 1 cup asparagus, chopped
- 1/2 cup carrots, sliced
- 1/2 cup peas (fresh or frozen)
- 4 cups water or vegetable broth
- 1/2-1 tsp **Himalayan salt**
- 3 tbsp fresh cilantro, chopped
- Juice of 1/2 lemon

Instructions

1. Heat ghee in a pot over medium heat. Add cumin seeds and let them sizzle for a few seconds.

2. Stir in turmeric, coriander, and ginger. Sauté for 30 seconds.

Spring Vegetable Soup Recipe (Cont.)



Instructions (Cont.)

3. Add carrots, zucchini, asparagus, peas, and salt. Stir well to coat with spices.

4. Cook until the veggies are soft.

5. Pour in the water (or vegetable broth) and bring to a gentle boil. Reduce heat and simmer for 10 minutes.

6. Remove from heat and garnish with fresh cilantro and lemon juice.

7. Serve warm and enjoy this light, nourishing spring soup with a flat bread or crackers.

This dish is excellent for all types. If digestion is slow or irregular, add a little extra ginger or even chili to help digest the avocado.

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*

