



Ginger-Cabbage Soup with White Beans

This light yet grounding soup combines tender cabbage, warming ginger, and creamy white beans for a nourishing, easy-to-digest meal.

Servings: 4

Preparation Time: 30 minutes (plus time to cook beans)



Ingredients

- 1 tablespoon **olive oil** or **ghee** (make your own **ghee**)
- 1 small yellow onion, finely chopped
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 4 cups green cabbage, thinly sliced
- 1 medium carrot, thinly sliced
- 1 cup **white beans**
- 4 cups of water or **preservative-free vegetable broth**
- ½ teaspoon **ground turmeric**
- ½ teaspoon **ground coriander**
- ½ teaspoon **Himalayan pink salt** (adjust to taste)
- Pinch of **hing**
- ¼ teaspoon **black pepper**
- Juice of ½ lemon
- 2 tablespoons fresh parsley or cilantro, chopped

Ginger Cabbage Soup with White Beans (Cont.)



Instructions

For the beans

Soak the Beans

- Rinse **1 cup dried white beans** under cool water and remove any debris or damaged beans.
- Place the beans in a bowl and cover with **3-4 cups of water**.
- Soak for **8-12 hours or overnight**.
- Drain and rinse before cooking.

Stovetop Method

- Place the soaked and drained beans in a pot with **3 cups fresh water**.
- Bring to a gentle boil, then reduce to a simmer.
- Cook **45-60 minutes**, partially covered, until the beans are tender.
- Drain any excess liquid if needed and add the beans to your recipe.

Pressure Cooker / Instant Pot Method

- Add the soaked and drained beans to the pressure cooker with **2½ cups water**.
- Cook on **high pressure for 8-10 minutes**.
- Allow **10 minutes natural release**, then release remaining pressure.
- Drain if necessary and add to the soup.

For the soup

- Heat the olive oil or ghee in a large soup pot over medium heat.
- Add the onion and sauté for 4-5 minutes until softened.

Ginger Cabbage Soup with White Beans (Cont.)



Instructions (Cont.)

- Stir in the garlic and grated ginger and cook for about 1 minute, until fragrant.
- Add the sliced cabbage and carrot, stirring for 2-3 minutes until they begin to soften.
- Pour in the vegetable broth and add the white beans, turmeric, coriander, salt, hing, and pepper.
- Bring the soup to a gentle boil, then reduce heat and simmer for 15 minutes until the vegetables are tender.
- Stir in the lemon juice and taste, adjusting seasoning if needed.
- Ladle into bowls and garnish with fresh parsley or cilantro before serving.

While warming, this is excellent for all types during damp spring months. Pitta types should use caution with the warming spices, ginger, onion, and garlic.

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*

