



Carrot Ginger Soup

This carrot ginger soup is a warming Ayurvedic soup recipe that supports digestion while offering comforting nourishment.

Servings: 2

Preparation Time: 60 minutes

Ingredients



- 1 Tbsp **ghee** (or **olive oil**) or **make your own**
- 1/4 teaspoon **ground black pepper**
- 1 teaspoon **cumin seeds**
- 1 teaspoon **coriander seeds** (crushed)
- 1 inch fresh ginger, chopped
- 1/2 teaspoon **powdered turmeric**
- 4 large carrots, sliced
- 1/2 teaspoon **salt**
- water
- 1/4 cup chopped cilantro
- juice from 1/2 lime

Instructions

- Heat 1-2 cups of water in a small saucepan (It's always best to use hot water when adding to food that is already cooking).
- In a separate saucepan, heat ghee on medium/low heat.

Carrot Ginger Soup (Cont.)



Instructions (Cont.)

- When hot, add black pepper, cumin seeds, and coriander seeds, cooking until golden.
- Add fresh ginger, saute until golden.
- Add carrots, turmeric powder, and salt, saute until soft, being careful not to burn the turmeric powder.
- Add enough hot water to cover carrots, turn up the heat, and bring to a boil.
- Lower the heat and cook for 15-20 minutes, making sure the water does not evaporate.
- Remove from heat.
- Add juice from 1/2 a lime and cilantro just before serving.
- *Optional to blend in a blender, food processor, or with an immersion blender to make a puree, just be very careful blending hot soup.

This recipe is appropriate for all dosha types in the fall, winter, and spring. Pitta may wish to reduce the ginger.

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*

