



## Soup of Greens

This soup of greens is a light Ayurvedic vegetable soup that highlights the nourishing qualities of leafy greens while supporting gentle digestion.

**Servings: 2-3**

**Preparation Time: 45 minutes**

### Ingredients

- ½ tsp **cumin seeds**, ground
- ½ tsp **coriander seeds**, ground
- ½ tsp **fennel seeds**, ground
- ½ tsp or more of **turmeric powder** (depending on your taste)
- ¼ tsp **pippali powder** (longer pepper found at Indian Grocer)
- 1/8 tsp **nutmeg**
- 1/8 tsp **cinnamon**
- 1/8 tsp **black pepper**
- 1 Tbsp of **ghee** (clarified butter, found in health food store or **make your own**)
- ½ medium onion, sliced or chopped
- 1 inch of fresh ginger, chopped
- 2 or 3 big bunches of greens, roughly chopped (dandelion, kale, Swiss chard, spinach—remember these will cook down a lot!)
- 3-4 chopped **dates**
- 1 cup of filtered water (or more, if needed)



## Soup of Greens (Cont.)

### Instructions



- To release the flavor of the cinnamon, cumin, coriander, and fennel, grind the herbs with a mortar and pestle or a spice grinder (a spice-dedicated coffee grinder works well).
- Dry roast all of the dry spices in a large soup pot.
- Add ghee, onion, and ginger.
- Sauté until onions are clear and some caramelization appears on the bottom of the pan.
- Add greens, dates, and water.
- Cover and simmer until at least half of the water disappears and the greens are bright and well-cooked.
- Cool slightly, then carefully purée with an immersion blender or place in the blender. Only fill blender 1/2 full and press down on the lid to prevent it from exploding. Purée until smooth.

This recipe is appropriate for all dosha types. Adjust spices to your specific needs. This recipe is drying, so Vata types should consume it with moderation.

*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*

Page 2 of 2

