



Summer Chunky Veggie Broth with Noodles

This summer veggie broth with noodles is a light Ayurvedic soup recipe that provides gentle nourishment while supporting digestion.

Servings: 1-2

Preparation Time: 20 minutes

Ingredients

- 1-2 cups of noodles (**wheat, rice, or udon**, prepared according to package instructions)
- 2 tsp **ghee** or **coconut oil**
- 1 tsp **cumin seeds**
- 1 cup chopped green beans
- 1 cup zucchini slices
- ½ cup grated carrot
- ¼-½ tsp of **pink salt**
- 2 cups water (or enough to cover the vegetable)
- A few **saffron** strands
- 1-2 tbsp chopped fresh cilantro

Summer Chunky Veggie Broth with Noodles (Cont.)



Instructions

1. Start the noodles in advance.
2. Sauté cumin seeds in the ghee/coconut oil.
3. Add the veggies and salt and continue to sauté until almost browned; this will add flavor to your soup.
4. Add the water and cook until the veggies are soft and the flavors are infused into the water.
5. Stir in saffron just before removing from the heat (saffron is very delicate and should be added at the very last minute to maintain its healing properties).
6. Garnish with fresh cilantro.

While cooling, this is excellent for all types during the hot summer months.

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*

