
– Soothing Carrots and Rice Soup with Cumin –

This recipe is appropriate for all doshas.

Ingredients

1 Tbsp. ghee
1 tsp. cumin seeds
1 tsp. turmeric powder
1 medium onion, chopped
1 pound carrots, chopped
1 c. basmati rice
6 c. water

Directions

Add the ghee to a soup pot and heat until the ghee runs easily in the pot. Add the cumin seeds, turmeric, and chopped medium onion. Sauté until the onion softens. Add the chopped carrots and a cup of basmati rice. Add about six cups of water, bring to boil and cover. Let simmer for 45 minutes. Puree with immersion blender or in food processor. Add salt and pepper. Add more water if the soup is too thick.



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