

Ingredients

- 2 teaspoons mustard or olive oil
- 2 cups asparagus chopped
- 2 large carrots chopped
- 3 stalks celery chopped
- ½ head green cabbage shredded
- 1 cup cauliflower chopped in big chunks
- 1/2 cup peas
- 4 to 6 cloves garlic sliced
- 1 small onion chopped
- 8 cups of water
- 1/4 tablespoon turmeric
- 1 tablespoon cumin seeds
- 2 tablespoons fresh ginger grated
- 1 tablespoon lime zest
- 1 teaspoon himalayan salt
- 1 teaspoon black pepper
- 1/2 cup fresh cilantro chopped

Instructions

- Melt the oil in a large soup pot over medium heat. Add the cumin seeds, the garlic, the celery, and the onion. Let it saute for 3-4 minutes.
- After, add the water and rest of the ingredients.
- Increase the heat to high and cook for about 12 minutes or until desired vegetable consistency.
- Serve with more cilantro and enjoy warm in a wood bowl.
- Season with sea salt and the spice mixture cooking until fragrant, about 30 seconds.
- Drizzle lime juice over and serve!



Sarahjoy's Ayurvedic Veggie Soup for Spring Cleansing



Food and spices are medicinal. They have an influence on our digestive and immune systems. For example, asparagus has a diuretic function that helps the cleansing process by activating the functions of the liver and kidneys that eliminate the toxins. It is also a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.

That's good news if you're watching your blood sugar. Cabbage can raise levels of beta-carotene, lutein, and other heart-protective antioxidants. Celery has high water content — almost 95 percent — plus generous amounts of soluble and insoluble fiber. All of those support a healthy digestive tract and keep you regular.

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