

# AYURVEDIC HEALING SOUP

This is culinary medicine, healing with ingredients from the wisdom of Ayurvedic and herbal knowledge...making this a healing and delicious soup!

SERVINGS	SERVING SIZE	TIME TO MAKE
6	1 Bowl + Rice Noodles	60+ MINUTES

## INGREDIENTS

- 1-2 Tablespoons Extra Virgin Olive Oil or Coconut Oil
- 5-6 Cloves Garlic, minced
- 1 Large Onions, diced
- 1 - 2 Inch Ginger, minced (peeled if desired)
- 1 Inch Turmeric, minced (fresh)
- 1-2 teaspoons each of dried ginger + turmeric
- 2 Cups Lentils (can create a mixture of green, yellow, red, black)
- 5 Carrots, chopped
- 2 Cups Mushrooms, chopped (4-5 large mushrooms)
- 1 Cup Cauliflower, chopped
- 2 Cups Bell Pepper, chopped (1-2 Bell Peppers)
- 2 Cups Kale, sliced
- Handful of each fresh Dill + Cilantro
- 1/2-1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 1 Lemon, zest + juice
- 6-8 Cups Broth
- 1 Package of Rice Noodles

### Garnish Ideas

- Fresh cilantro, dill, finishing salt
- Desired spices like jalapenos, chili oil, etc.

## DIRECTIONS

1. Make the rice noodles per package, this may include soaking the noodles in hot water first for a period of time. Then cook as directed.

2. In a large stockpot/saucepan, on medium heat, melt the olive oil or coconut oil and sauté the garlic, onions, ginger, and turmeric allowing them to release their beautiful volatile oils and soften, about 2-3 minutes.
3. Add the some of the vegetables – carrots, mushrooms, cauliflower + spices: turmeric, cumin, oregano, paprika and cayenne, add half the salt and pepper.
4. Add the lentils and stir. Sauté for a few minutes, covering to help stem the vegetables. You may need to turn the heat down to low.
5. Add the broth and let the soup come to a low simmer. Add the bell peppers, and stir. Cover and continue a gentle simmer. Stirring every so often and not letting anything stick to the bottom. Allow to cook until tenderness of vegetables has been reached usually another 3-5 minutes.
6. Add the kale, fresh dill and cilantro (leaving some for garnish). Zest lemon and add lemon juice. Cover and remove from heat source, allowing natural heat of the soup cook the kale, herbs and lemon juice for 3-5 minutes.
7. When dishing up, add cooked rice noodles and then top with generous ladle of the soup filled with lentils, veggies and broth.
8. Garnish with fresh dill, cilantro, and garnishing salt (if needed) and any spices.
9. Enjoy!

Nutritional Information per serving: 460 Calories, 12 g Fat, 9 g Saturated Fat, 0 mg Cholesterol, 414 mg Sodium, 79 g Carbohydrate, 9 g Fiber, 8 g Sugar, 12 g Protein, 63% Vitamin A, 51% Vitamin C, 7% Calcium, 45% Iron