



CURRIED COCONUT AND VEGGIE SOUP

Vata↓, Pitta↓, Kapha↑↓

Makes: 5 to 6 cups

Prep Time: 15 minutes

Steam Time: 15 to 20 minutes

INGREDIENTS

For steaming the veggies

- Water, for steaming
- 3 cups chopped sweet potato
- 2 cups chopped zucchini
- 1 cup chopped cauliflower

For the soup

- 2 tablespoons coconut oil, divided (cut the amount in half for Kapha)
- 1/2 teaspoon cumin seed
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon cayenne pepper (optional, omit for Pitta)
- 1/2 cup water
- 2 cups raw coconut water (use 2 cups water for Kapha)
- 5 tablespoons pumpkin seeds
- 2 tablespoons shredded coconut (use 1 tablespoon for Kapha)
- 1 1/2 teaspoons Kapha Churna*
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- Fresh ginger (2 inch cube), chopped
- 1/2 teaspoon salt

*Kapha Churna can be substituted with 1/2 teaspoon powdered ginger, 1/2 teaspoon cinnamon, and 1/4 teaspoon each of black pepper, turmeric, and brown mustard seed.

DIRECTIONS

Preparing the veggies

1. Add 2 inches of water to the bottom of a large sauce pan. Place the steam basket over the water, making sure the water does not go above the bottom of the basket. Turn the heat to high. If the water boils before the vegetables are chopped, turn the heat to low and cover.

2. Chop the sweet potato, zucchini, and cauliflower into fairly small, even, bite-size pieces. This will ensure quicker steaming.
3. Place the chopped veggies into the steam basket. Cover the pan, leaving a small crack in the lid.
4. Set the heat to a low-medium setting and cook here for 12 minutes.
5. Check on your veggies at the 12 minute mark. They should be vibrant in color and slightly soft all the way through. If they are still too hard, then cover the pan and cook for an additional 1 to 5 minutes, checking every minute. Be sure to avoid over-steaming which will give them a dull color, mushy texture, and flavorless taste.
6. Once the vegetables have reached the desired texture, take the pan off of the heat and transfer the veggies into a large bowl. It is not recommended to keep them in the hot pot, as they will continue to cook and will likely become over-steamed.

Preparing the Soup

1. While the veggies are steaming, begin to prepare the soup. Heat a small frying pan over medium heat and add in 1 tablespoon of coconut oil (use 1/2 tablespoon for Kapha). Once hot, add in the cumin seed and black pepper and sauté for 1 1/2 minutes, stirring occasionally.
2. Add in the cayenne pepper (if used) and sauté for an additional 30 seconds stirring continuously.
3. Add the water and coconut water to a blender.
4. Then add in the sautéed spices, 1 tablespoon of coconut oil (use 1/2 tablespoon for Kapha), pumpkin seeds, shredded coconut, Kapha Churna, cinnamon, cardamom, fresh ginger, and salt.
5. Blend these ingredients on high for 1 to 3 minutes until a thick, creamy, and smooth consistency has been reached.
6. Add in the steamed vegetables and blend for an additional 2 to 3 minutes or until a smooth and creamy texture has been reached.
7. Serve in small bowls as a healthy snack, light meal, or tasty appetizer. Feel free to garnish with some shredded coconut, salt, pepper, and coconut oil if your palate calls.

Cooking tip: Avoid over-steaming, steaming at excessively high temperatures, or adding too much water to your steam pot, as these will likely all lead to a dull, tasteless soup. If the sweetness is lacking in your end result, try adding in a tablespoon of maple syrup to liven it up again.