

Carrot Beans Soup brings together the sweetness of carrots and the gentle crunch of beans in a bowl that feels both nourishing and light. It's a comforting blend of color, nutrition, and subtle flavor, often served as a gentle start to a meal or as a healing bowl on slower days. Whether sipped during seasonal changes or savored on quiet evenings, this soup reflects the Indian kitchen's instinct to soothe with simplicity.

What Is Carrot Beans Soup?

Carrot Beans Soup is a light, savory Indian-style vegetable soup made by simmering finely chopped carrots and beans in a mildly spiced broth. Seasoned with ginger, black pepper, and sometimes a touch of cumin or ghee, it's known for its gentle flavor, digestive ease, and comforting warmth. It's often served as part of a healing diet or as a wholesome starter that brings balance and nourishment.

How to Make Carrot Beans Soup: The Traditional Way

□ Ingredients:

- Chopped Carrots - 1 cup
- Chopped Green Beans - 1 cup
- Ghee - 1 tsp
- Jeera (Cumin) - ½ tsp
- Grated Ginger - ½ tsp
- Black Pepper - a pinch
- Rock Salt - to taste
- Water - 2-3 cups
- Coriander leaves - Optional

□ Method:

1. Cooking Vegetables:

- Add chopped carrots and beans. Sauté gently for a minute.
- Add water and let it cook covered on medium flame till vegetables are soft (10-15 minutes).

2. Blending (Optional):

- You may lightly mash or blend for a creamy texture, or leave it chunky for

chewing (which increases **jatharagni** stimulation).

3. Finishing Touches:

- Add rock salt and a pinch of crushed black pepper.
- Garnish with fresh coriander or curry leaves.

4. Serve Warm

□ Ayurvedic Benefits

1. Pacifies **Vata** and **Pitta**

- **Carrots** are mildly sweet (**madhura rasa**) and slightly warming, ideal for pacifying **Vata** and **Pitta**.
- **Beans** (especially green beans) are **astringent** and **slightly heavy**, grounding **Vata** but must be cooked well to avoid bloating.
- With proper spices, the soup becomes light, warm, and gently stabilizing.

2. Enhances Agni Without Aggravating **Pitta**

- Spices like **jeera, ginger, and black pepper** stimulate digestion (**deepana**), but when used mildly, they **don't irritate Pitta**.
- The soup is warm and soupy, perfect for rekindling **manda agni** (weak digestive fire) and preventing **ama** formation.

3. Builds Ojas and Nourishes Dhatus

- Carrots contain **prabhava** (special potency) for promoting **rasa and rakta dhatu**, they enrich the blood and lymph.
- Beans support **mamsa dhatu** development (muscle tissue) when cooked with ghee and digestive spices.

4. Ideal for Convalescence or Light Dinner

- The soup is **laghu (light)** yet **sara (flowy)**, perfect for sick, elderly, or weak individuals.
- Good for **cleansing while nourishing**, it doesn't stress digestion and supports **vata-anulomana** (proper downward movement of air).

5. Rich in Prana and Sattva

- When made fresh, with seasonal vegetables, ghee, and gentle spices, this soup becomes high in **prana** and promotes **mental calm, clarity**, and lightness.

□ Pro Tips from the Indian Kitchen

1. Use Ghee or Coconut Oil for Tempering:

- A light tempering with ghee, mustard seeds, and ginger elevates both flavor and digestibility.

2. Chop Veggies Finely & Evenly:

- Uniform pieces help the soup cook quickly and release flavor evenly into the broth.

3. Don't Overboil:

- Simmer gently; overcooking may dull the vibrant colour and taste of the vegetables.

4. Add Black Pepper at the End:

- To preserve its aroma and digestive benefits, add crushed black pepper after cooking.

5. Boost with Moong Dal (Optional):

- A spoon of yellow moong dal adds protein and thickness without overpowering the lightness.

6. Ladle with Lemon:

- A splash of lemon just before serving brightens the soup naturally.

□ Why We Love Carrot Beans Soup

We love **Carrot Beans Soup** for its balance, it's light yet nourishing, simple yet satisfying. It celebrates everyday vegetables in a way that feels healing and wholesome. Easy to digest and gentle on the palate, this soup is a go-to during recovery, seasonal transitions, or just when the body craves something warm and nurturing. Every spoonful feels like a pause, comforting, grounding, and refreshingly simple.

□ Ideal For

- People with [Vata](#) or [Pitta](#) imbalances (gas, acidity, irritability, dryness, fatigue)
- **Elderly, children, or recovering patients**
- As a **pre-dinner or light supper** during seasonal transitions
- **Post-Panchakarma** or during light fasting days

