Carrot Ginger Soup is a comforting, earthy, and naturally sweet soup with a zesty warmth from fresh ginger. This bright bowl of nourishment supports digestion, detox, and emotional ease, perfect for all seasons.

What Is Carrot Ginger Soup?

It is a smooth, mildly spiced soup made with carrots and ginger, blended to a velvety texture. Its sweetness is balanced by the warmth of ginger, making it ideal for stimulating sluggish digestion while calming the mind.

How to Make Carrot Ginger Soup: The Traditional Way

Ingredients:

- 2 cups **carrots**, peeled and chopped
- 1 tsp **grated fresh ginger**
- ½ tsp **jeera (cumin seeds)**
- 1½ tsp **ghee**
- 1½ cups **water** (or adjust to preferred consistency)
- A pinch of **black pepper**
- **Rock salt** to taste
- Optional: small piece of **jaggery** (¼ tsp) for mild sweetness
- Optional garnish: **chopped coriander** or a swirl of coconut milk

Method:

1. **Cook the Carrots**:
   - Steam or boil the carrots until soft (10–12 minutes).
2. **Sauté Ginger**:
   - In a pan, heat ghee and add jeera. Once it splutters, add grated ginger and sauté for 30 seconds.
3. **Blend**:
   - Add the cooked carrots to a blender along with sautéed ginger and a little water. Blend into a smooth puree.
4. **Simmer**:
   - Return the puree to the pan. Add salt, black pepper, jaggery (if using),

and remaining water. Simmer for 5–7 minutes.

5. **Serve**:
   - Garnish with coriander or coconut milk and serve warm.

Ayurvedic Benefits

- **Carrots** are grounding, sweet, and slightly warming; balancing Vata and mildly Pitta-reducing.
- **Ginger** enhances **agni** (digestive fire), especially useful during sluggish digestion or kapha imbalance.
- **Ghee** acts as a carrier for deeper nourishment and ojas enhancement.
- Helps in **cleansing the liver** and boosting circulation.

Pro Tips from the Indian Kitchen

- Use **young, sweet carrots** for best taste and color.
- Don't overdo the ginger – it should warm, not overpower.
- Add a tsp of **moong dal** while cooking carrots for added satiety and protein (optional).

❤ **Why We Love Carrot Ginger Soup**

- Comforting, vibrant, and naturally sweet-spicy
- Feels light but deeply satisfying
- Supports digestion without overwhelming spices
- A perfect way to sneak veggies into children's diets too!

Ideal For

- **Vata and Kapha seasons** (cold, windy, or damp weather)
- **Post-detox meals** to rekindle digestion gently
- **Evening light dinners**
- **Calm, sattvic nourishment** that supports clarity and vitality

