

This smooth, golden soup is made from soft-cooked pumpkin, tempered with digestive spices and enriched with ghee. It's deeply grounding, nourishing, and perfect for all doshas when balanced properly.

## What Is Pumpkin Soup?

Pumpkin soup is a creamy, naturally sweet, and mildly spiced dish prepared with yellow or orange pumpkin. It's known for its ease of digestion, warmth, and grounding qualities, making it ideal for seasonal transitions and detox routines.

## How to Make Pumpkin Soup: The Traditional Way

### □ Ingredients:

- 2 cups **yellow pumpkin**, peeled and chopped
- 1 tsp **grated ginger**
- ½ tsp **jeera (cumin seeds)**
- 1-2 tsp **ghee**
- A pinch of **black pepper** (or **long pepper** for a milder version)
- **Rock salt** to taste
- 1½ cups **water** (or adjust for desired consistency)
- A small piece of **jaggery** (optional – enhances flavor)
- **Fresh coriander leaves** for garnish

### □ Method:

1. **Cook Pumpkin:**
  - Steam or boil chopped pumpkin until soft (around 10-12 minutes).
2. **Blend Smooth:**
  - Once slightly cooled, blend the pumpkin with a little water to make a smooth puree.
3. **Prepare Tempering:**
  - In a pan, heat ghee, add jeera and grated ginger. Let it sizzle.
4. **Simmer Soup:**
  - Pour the pumpkin puree into the pan. Add salt, black pepper, and jaggery if using.

- Simmer gently for 5–7 minutes on low flame, stirring occasionally.

#### 5. **Finish & Serve:**

- Adjust thickness with water if needed. Garnish with coriander and serve warm.

### ▢ **Ayurvedic Benefits**

- **Vata** and **Pitta** balancing – moist, grounding, and sweet.
- Pumpkin is a **natural rasayana** (rejuvenator), especially when paired with ghee.
- Ginger and jeera support **agni (digestive fire)** without aggravating doshas.
- Helps **build ojas**, the essence of vitality and immunity.

### ▢ **Pro Tips from the Indian Kitchen**

- Use **yellow pumpkin** over ash gourd for a naturally sweet tone.
- Avoid overboiling post-blending to preserve flavor.

You may add a spoon of **light coconut milk** or **almond paste** for richness (optional).

### ♥ **Why We Love Pumpkin Soup**

- Nourishing yet light on digestion
- Balances energy during monsoon, early winter, and post-fatigue days
- Subtle sweetness appeals to kids, elders, and those recovering from illness

### ▢ **Ideal For**

- **Vata** season (autumn/windy days)
- **Pitta** constitution when mildly spiced
- **Sattvic meals**
- **Evening supper** with light flatbread or rice
- **Post-fasting meals** to ground and nourish

