

This Tomato Rasam is a refined take on the classic — made without tomato seeds to enhance digestibility and texture. Perfect for [pitta](#)-pacifying meals, fasting days, or anyone who wants rasam without the acidity of seeds.

What Is Tomato Rasam?

Tomato Rasam is a lightly spiced, soupy South Indian dish. In this version, the tomatoes are de-seeded and blended or finely chopped, giving a smoother, lighter finish. It's ideal for people with acidity, reflux, or those on Ayurvedic elimination diets.

How to Make Tomato Rasam: The Traditional Way

□ Ingredients:

main

- 2 ripe tomatoes (de-seeded, skin-on or peeled)
- 2½ cups water
- 1 tsp cumin seeds
- 1 tsp black peppercorns
- A small piece of ginger (optional)
- A pinch of turmeric
- Rock salt – to taste
- A few coriander leaves for garnish

Tempering

- 1 tsp ghee
- ½ tsp mustard seeds
- Pinch of hing (asafoetida)
- A few curry leaves
- 1 dried red chilli (optional)

□ Method:

1. **De-seed and Prepare Tomatoes:**

Cut the tomatoes, scoop out the seeds using a spoon, and discard. You can either blend the pulp to a puree or finely chop it.

2. **Make the Spice Mix:**

Coarsely crush cumin, pepper, and ginger in a mortar-pestle.

3. **Cook the Base:**

In a pan, add water, tomato puree/chopped pulp, crushed spice mix, turmeric, and salt. Simmer gently for 8–10 minutes until the flavors infuse.

4. **Add the Tempering:**

In a small pan, heat ghee. Add mustard seeds and let them crackle. Add hing, curry leaves, and red chilli. Pour over the rasam.

5. **Finish:**

6. Turn off the flame. Garnish with chopped coriander leaves and serve hot.

□ Ayurvedic Benefits

1. **De-seeded tomatoes** reduce acidity and are easier on the stomach.
2. **Pepper and cumin** improve appetite and reduce bloating.
3. **Ginger and hing** help balance [vata](#) and [kapha](#) doshas.
4. **Ghee** carries the spices deeper into the tissues (*yogavahi* effect).

□ Pro Tips from the Indian Kitchen

- To de-seed easily, cut the tomato horizontally and gently squeeze out the seeds.
- For a smoother texture, blend the tomato pulp before cooking.
- Avoid over-boiling after adding tomatoes to retain vitamin C.
- Use ghee for tempering to enhance taste and aid digestion.

♥ Why We love Tomato Rasam

- Gentle on digestion
- Light and hydrating
- Refreshing and comforting
- Easy to prepare in under 15 minutes

▣ Ideal For

- [Pitta](#)-sensitive individuals
- Light evening meals
- Acidity or reflux-prone digestion
- Post-illness recovery
- Sattvic fasting and elimination diets

