A light, sattvic tomato soup made only with ripe, deseeded tomatoes and Ayurvedic spices. This simplified version is easy on the gut and rich in pranic value—perfect for healing and balancing Pitta.

What Is Tomato Soup with Deseeded Tomatoes?

This is a clean, nourishing tomato soup recipe focused on balance and digestion. By removing seeds and avoiding pungent vegetables like beet or carrot, this recipe preserves the tomatoes' vitality while eliminating excess heat and acidity.

How to Make Tomato Soup Soup: The Traditional Way

Ingredients:

- 4–5 **ripe red tomatoes** (deseeded)
- 1 tsp **grated ginger**
- 1–2 tsp **ghee**
- ½ tsp **jeera (cumin seeds)**
- A pinch of **black pepper** or **long pepper (pippali)** – optional
- **Rock salt** to taste
- 1 tsp **jaggery** (optional – to reduce sourness)
- A few **fresh coriander leaves**, chopped
- **Water** – as needed

Method:

1. **Deseed & Chop Tomatoes**:
2. **Cook Tomatoes**:
    - Boil chopped tomatoes in a small quantity of water until soft (about 10–12 minutes).
3. **Blend**:
    - Allow to cool slightly. Blend into a smooth puree.
4. **Strain***(optional)*:
    - Strain to remove any leftover skin for a smoother finish.
5. **Prepare Tempering**:
    - Heat ghee in a small pan, add jeera and grated ginger. Let them sizzle.

6. **Simmer the Soup**:
    - Pour the tomato puree into the tempering. Add rock salt, jaggery (if using), and black pepper. Let it simmer on low for 5–7 minutes.
7. **Garnish & Serve**:

Ayurvedic Benefits

1. **Pitta-pacifying** thanks to deseeded, cooked tomatoes.
2. Ghee supports **deep tissue nourishment (ojas)** and improves spice absorption.
3. Ginger and cumin **gently stimulate agni (digestive fire)**.
4. Helps remove **ama (toxins)** when consumed warm, especially with black pepper.

Pro Tips from the Indian Kitchen

1. Use **fully ripe tomatoes** to balance the sourness.
2. Deseeding significantly **reduces acidity** and makes it Pitta-friendly.
3. Don’t over boil after blending—gentle simmering helps preserve nutrients.

❤ **Why We Love Tomato Soup Soup**

- Simple, digestible, sattvic and deeply satisfying
- No heavy spices, no fillers—just pure tomato warmth
- Great as a light evening meal or post-illness recovery food

Ideal For

- **Pitta balancing diet**
- **Light dinners** with toasted flatbread or soft rice
- **Therapeutic meals** during recovery
- **Kids, elders, or Vata types** when served warm with ghee

