

COZY LENTIL & VEGETABLE NOURISHMENT SOUP

*Gentle Cleansing • Grounding •
Digestive Ease • Winter Warmth*

With Love From, Mindy Arbuckle

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Serves 4-6 | Easy on digestion • Steady energy • Deep nourishment

Ingredients:

- 1 tbsp olive oil or ghee
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 1½ tsp fresh ginger, finely grated
- 2 carrots, sliced
- 1-2 potatoes, diced
- (optional: add 1 sweet potato as well for extra grounding)
- 1 cup red or brown lentils, rinsed
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp turmeric
- Sea salt & black pepper, to taste
- 6-8 cups vegetable broth or water
- 1 zucchini, chopped (added at the end)
- 1-2 cups leafy greens (spinach, kale, or chard)



To Finish (Optional & Beautiful)

- Toasted pumpkin seeds
- Fresh chopped herbs (parsley or cilantro)
- Lemon Tahini Drizzle (recipe below)

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Method

1. Warm oil or ghee in a pot over medium heat.
2. Sauté onion until soft and translucent.
3. Add garlic, ginger, cumin, coriander, and turmeric. Stir until fragrant.
4. Add carrots, potatoes (and sweet potato if using), lentils, and broth.
5. Bring to a gentle boil, then reduce to a simmer.
6. Simmer 25–30 minutes, until lentils and vegetables are tender.
7. Add zucchini and greens; cook 2–3 minutes more.
8. Season to taste.
9. Serve topped with toasted pumpkin seeds, herbs, and lemon tahini drizzle.

🍋 Quick Lemon Tahini Sauce

- ¼ cup tahini
- Juice of ½–1 lemon
- 1 small clove garlic, grated
- Salt & pepper
- Warm water to thin

Whisk until creamy and pourable.

Enjoy As a Ritual 🍲❤️

This soup is designed to be enjoyed slowly, with warmth and presence. Pair it with the Shakti CCF Tea Ritual for a complete winter nourishment experience.

Part of the *Ayurvedic Winter Nourishment series* inside the **SOULutions App**.

