



Colorful spring soup with red quinoa

In spring, when Kapha Dosha dominates, taking a soup in the evening helps boost Agni – the digestive fire – and thereby the entire metabolism, and avoids overburdening the stomach and intestine. A light vegetable soup is easy to digest and satisfies in a pleasant way.

You can vary this recipe endlessly by adapting it to the season and the vegetables you have available. Also try replacing parsley and lovage by other fresh herbs.

Ingredients for 4 persons:

- 250 g green asparagus
- 200 g of green beans
- 2 carrots
- 1 small celery
- 200 g of celery stalk (*Apium graveolens* var. *dulce* / *graveolens*)
- 1 small zucchini
- 100 g red quinoa
- 1 l vegetable stock*
- 0.2 l of tomato juice
- 1 tsp Ghee
- 1 small bunch of smooth parsley
- 1 small bunch of lovage
- Rock salt, black pepper, asafetida to taste



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Preparation:

* If you want to prepare the vegetable stock yourself, then boil the stock with soup vegetables and about 2 liters of water. Boil the vegetables with a pinch of rock salt for about 2 hours, then let it cool down. Alternatively, use organic vegetable stock from the shop.

Wash and clean the vegetables and cut into bite-sized pieces. Wash and chop the herbs.

Heat the ghee and briefly sauté the vegetables (except for the asparagus). Add the vegetable stock and the tomato juice. Stir in the quinoa and boil for about 15 minutes.

Now add the asparagus and boil together for another 5 minutes.

Season with salt, pepper and asafetida and serve with the fresh herbs.



Enjoy!