

Hearty White Bean, Vegetable, Sunflower Butter Soup, Vegan, Gluten Free, Low Histamine, with Ayurvedic Modifications

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INGREDIENTS

- 1 tablespoon coconut oil or olive oil (may use ghee for a vegetarian version)
- 1 medium leek, finely chopped, (or 1 small sweet red onion, finely chopped)
- 1 teaspoon fresh ginger, grated or minced
- 1/8 teaspoon sweet paprika
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground fennel
- 2-3 cups diced fresh cherry tomatoes
- 4 cups vegetable stock or water
- ½ cup creamy natural, organic sunflower seed butter-no sugar added (my favorite brand is Once Again Sunflower Seed Butter)
- 1– 1 1/2 teaspoons mineral salt
- 2 cups yams, cubed
- 2 medium carrots chopped into small disks
- 2 stalks of celery finely chopped
- 1 1/2 cups white beans (or garbanzo beans)
- 1 cup sweet red or orange bell peppers finely chopped
- 1/2 lb leafy greens (arugula, spinach, kale, swiss chard, tatsoi, or African spinach)
- 1 tablespoon apple cider vinegar
- Garnish: Cilantro, toasted sunflower seeds



INSTRUCTIONS

1. In a soup pot over medium heat, start sautéing oil, leek, fresh ginger, and sweet bell pepper. Add sweet paprika, coriander, cumin and fennel. Stir until the leeks start to soften, about 7 minutes. Turn the heat down if needed.
2. Place cherry tomatoes and sunflower seed butter and 1 cup of water in a blender and blend until smooth. Add to pot along with diced yam, carrots, white beans, and celery.
3. Bring to a simmer and cook for 20-30 minutes or until yams are soft.
4. Add apple cider vinegar and salt to taste. Turn off the heat and stir in leafy greens.
5. Serve with toasted sunflower seeds and fresh cilantro. Serve over millet, rice, or quinoa.



Doshic Modifications

Vata dosha (decrease the cold and dry qualities): may use up to 1 cup of sunflower seed butter for a richer soup. Spices to add: ½ tsp black pepper or long pepper, smoked paprika, 1 garlic clove, 1 Tbsp fresh ginger. Serve over white or brown basmati rice, quinoa, amaranth

Pitta dosha (decrease the fiery qualities): Serve over white basmati rice, quinoa, amaranth

Kapha dosha (decrease the heavy, cool qualities) modification: Spices: add ½ tsp black pepper or long pepper, 3 garlic cloves, smoked paprika, 1/4 tsp jalapeno pepper or serrano chili pepper diced, ¼ tsp red pepper flakes. Serve over amaranth, millet, quinoa

Instant pot instructions

Follow step one as the recipe instructions state, using the saute' function for 7 seconds. Then add rest of the ingredients except leafy green. Pressure cook 10 minutes on the soup setting and use natural release. Then add the leafy green vegetables, stir and serve.

This recipe is inspired by the African Peanut Soup

<https://www.feastingathome.com/african-peanut-soup/print/49409/>

