

Quinoa Mushroom and Kale Soup

Hormone Balancing

Ingredients

- 1 tbsp ghee
- 1 yellow onion – diced
- 2 garlic cloves (omit for high fire)
- 14 oz cremini mushrooms – sliced
- 6-8 oz fresh or dried shiitake mushrooms – sliced
- 2 tsp tamari (omit for high fire)
- 3 cups organic bone broth or mushroom broth
- 2 cups distilled water
- 1 tsp mineral salt
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric
- 1/4 tsp cinnamon
- 2 carrots – sliced into ribbons
- 3 cups cooked quinoa
- 2 cups of sliced kale
- A few drops of toasted sesame oil (optional)
- Freshly ground black pepper



Directions

Heat ghee in a heavy bottomed pot or deep skillet, then add in onion and cook for 5-8 minutes until softened. Add in garlic, if using, and cook for about a minute until aromatic.

See next page...



Directions, cont.

Add in the sliced mushrooms. Cook for 8–10 minutes, or until the moisture of the mushrooms begins to evaporate. Add in tamari (if using), cumin, coriander, turmeric and cinnamon.

Add in the broth, salt and carrots. Bring it to a boil, and then lower to a simmer. Add in the kale, cooked quinoa and toasted sesame oil. Stir until warmed through. Taste and adjust seasonings or liquid to your liking. Ladle into each serving bowl. Season with freshly ground black pepper as desired and enjoy!

Recipe adapted from Season with Spice with Mark and Reese

Ayurvedic Notes

- Quinoa is easy, light, cold and sweet. It pacifies all constitutions and has an affinity for the plasma, lymph and muscle tissues. It is an anti-inflammatory tonic that stabilizes blood sugar to help balance hormones.
- Kale is cold, light, dry, clear, bitter and astringent. It pacifies excess fire and earth (pitta & kapha) and fosters healthy elimination. Its cleansing actions help clear excess estrogen.
- Mushrooms are heavy and earthy. They help ground and calm the nervous system, increase immunity and cleanse the system to help support healthy hormonal production.

