

CARROT SUBJI



Tags: [Fall](#), [Kapha](#), [Pitta](#), [Spring](#), [Summer](#), [Vata](#), [Winter](#)

Prep Time: 15 Min

Cook Time: 25 Min

Serves: 2

Directions:

1. Wash and grate the carrots medium/fine.
2. Put the cilantro, ginger, coconut, and water into a blender and blend on high until liquid.
3. Heat a saute pan on medium and add the ghee, mustard seeds, cumin seeds, and hing.
4. When the seeds pop, add the blended mixture and salt and brown very slightly.
5. Stir in the carrots, cover, and cook on medium heat until just tender, about 10 minutes. Stir occasionally.

Ingredients:

4 C of carrots, grated

1 handful of fresh cilantro, chopped

2-inch piece of fresh ginger, peeled and chopped fine

2 TBSP of shredded, unsweetened coconut

½ C water

1 TBSP ghee

½ Tsp black mustard seeds

½ Tsp Cumin Seeds

SIMPLEVEDA

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1 pinch hing
¼ Tsp Salt

Carrots have many ayurvedic qualities – sweet, bitter, pungent, heating, light, sharp. You won't regret adding them regularly to your meals as they are beneficial for your immune system, lower your risk of cancer, help to balance body weight, regulate blood pressure, and are known to reduce heart disease. Because of their high vitamin C content, carrots, are immune boosting. They make an excellent brain tonic and aid in deep thinking. Medicinally, this recipe can be great for the treatment of hemorrhoids, water retention, and because of its high iron content is an excellent blood builder.

This recipe can be taken in as a breakfast option, or as a side dish for lunch or dinner.

*Modified from [*The Ayurvedic Cooking for Self-Healing*](#) by Usha and Dr. Lad