

Burmese Ginger Soup

Ingredients

- 1 tablespoon sesame oil or coconut oil
- 2–3 tablespoons fresh ginger, julienned or grated
- 3 garlic cloves, minced
- 1 small onion, sliced
- 1 teaspoon turmeric powder
- 5 cups vegetable broth or water
- 1 cup shredded cabbage
- ½ cup grated carrots
- 1 tablespoon soy sauce or tamari

- Juice of ½ lime
- Fresh cilantro or green onions for garnish

Instructions

1. Heat oil in a soup pot over medium heat.
2. Add ginger, garlic, and onion. Sauté for 3–4 minutes until fragrant.
3. Stir in turmeric, then add broth. Bring to a boil.
4. Add cabbage and carrots. Simmer for 10–12 minutes.
5. Stir in soy sauce and lime juice. Adjust seasoning to taste.
6. Serve hot, garnished with cilantro or green onions.

Health Benefits

- Ginger and turmeric offer strong anti-inflammatory and digestive benefits.
 - Cabbage and carrots are rich in antioxidants and fiber.
 - A calming, immune-boosting broth perfect for cleansing and soothing the gut.
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