

Spicy Indonesian Tamarind Soup

Ingredients

- 1 tablespoon coconut oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 1 red chili pepper, sliced (optional)
- 1 medium tomato, diced
- 1 medium carrot, sliced
- 1 cup green beans, cut into 1-inch pieces
- 1 cup shredded cabbage

- 1 tablespoon tamarind paste
- 4 cups vegetable broth
- 1 teaspoon coconut sugar or maple syrup
- Salt to taste
- Fresh cilantro or Thai basil for garnish

Instructions

1. In a pot, heat the coconut oil over medium heat. Add the onion, garlic, and ginger. Sauté for 3–4 minutes until fragrant.
2. Add the chili pepper and diced tomato. Cook for 3 minutes until the tomato softens.
3. Stir in the tamarind paste and coconut sugar. Mix well.

4. Add the carrots, green beans, cabbage, and vegetable broth. Bring to a boil.
5. Reduce heat and simmer for 15–20 minutes until vegetables are tender.
6. Season with salt to taste.
7. Serve hot, garnished with fresh cilantro or Thai basil.

Health Benefits

- Tamarind supports liver detox and digestion.
- Ginger and chili stimulate circulation and help fight inflammation.
- Rich in fiber and antioxidants from diverse vegetables.
- Coconut oil supports energy and gut health.

