

Healthy Minestrone Soup, Instant Pot Recipe with Low Histamine & Vata, Pitta, Kapha Balancing Modifications

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INGREDIENTS

- 1 lb of ground chicken or turkey (*See notes for vegetarian options)
- 3 tablespoons olive oil (may use ghee)
- 1/2 cup each ingredient: sweet onion or red onion (or leek), celery, carrot, all diced
- 2 teaspoons of ground cumin-fennel-coriander mixture
- 1 teaspoon ground turmeric powder
- 2 teaspoons of Italian Herbal Spice blend (basil, oregano, thyme, rosemary, marjoram)
- 1 teaspoon Himalayan mineral salt (and more as needed)
- 1 1/2 cups of each vegetable diced: carrots, green beans, kale
- 1/2 pound Japanese sweet potatoes, diced into small cubes
- 3/4 cup minced fresh parsley-leaf and stems, minced
- 1-15 oz can of cannellini or navy beans
- 1/2 cup gluten-free pasta such as elbow macaroni
- 6 cups of chicken bone broth (*See notes for vegetarian options)
- 1/2 cup of fresh minced basil
- Himalayan mineral salt to taste



PREPARATION

1. Prep your fresh vegetable ingredients-chopping them and mince fresh herbs, set aside.
2. Cook ground chicken or turkey, seasoning with 1/4 tsp pitta spice blend and Himalayan mineral salt.
3. Gather all the spices



4. Turn on Instant Pot to sauté mode for about 10 seconds.
5. Add olive oil and all spices except salt to Instant Pot. Sauté for about 5 seconds being careful not to burn.
6. Add diced red onion, celery, carrot plus salt, and sauté.
7. Add cooked ground meat, all remaining vegetables, minced parsley, cannellini beans, elbow macaroni, and vegetable stock into the Instant Pot. Mix thoroughly, then taste. Add extra salt and black pepper as needed.
8. Secure lid to Instant Pot, and move valve to sealing position. Place setting on SOUP (or High Pressure Cooker) setting for 12 minutes. Let it cook and allow for natural release (may take 30-40 minutes for natural release).
9. Once cooking is complete, open up the lid and add fresh minced basil. Stir, taste, and add additional salt to taste.
10. Ladle soup into a bowl and enjoy!

Notes:

- **Minestrone Soup-easy and versatile:**
 - I use frozen vegetables in addition to fresh vegetables for an easy option. You may choose to use all fresh vegetables.
 - Use vegetables that you have available. Great vegetable additions are zucchini, leek, kale and arugula.
 - Try two different types of beans-garbanzo beans and white beans.
 - Use rice instead of pasta or both.

- **Cumin-Fennel-Coriander Spice Blend Recipe:**
 - 1 Tbsp. of whole seed of each spice, cumin, fennel, coriander
 - Add to a spice grinder or coffee grinder dedicated for spices.
 - Blend whole spices until it is finely ground. For a less finely ground mixture, use a mortar and pestle.

- **Vegetarian or Vegan options:**
 - Omit chicken or ground turkey. Add an extra can of beans or add in ½ cup of French lentils or brown lentils.
 - Omit chicken bone broth and use organic vegetable broth



- **Dosha variations:**
 - Vata: add extra pasta or rice. Increase to $\frac{3}{4}$ cup and then add another $\frac{3}{4}$ cup of liquid. Add a pinch of asafoetida spice to recipe to prevent gas, add bay leaf, and consider omitting beans if experiencing Vata symptoms.
 - Pitta: use less black pepper (omit if histamine intolerant) to reduce heat,, use less marjoram and oregano, use cherry tomatoes to make tomato sauce, and use only white beans.
 - Kapha: add less pasta or rice-1/4 cup, add a pinch of chili pepper (omit if histamine intolerant), use salt sparingly, and add more black pepper (omit if histamine intolerant).

- **Low Histamine Modifications:**
 - Black pepper-omit since it is a histamine releasing spice
 - Freeze leftovers right away to decrease histamine buildup.
 - Spices that are low or high in histamine-see pgs 4-5

- **Stove Top Method:**
 - Use a heavy bottom large pot.
 - Heat pot on medium low heat until bottom of pot is warm, then add oil, spices.
 - Follow steps 1-8.
 - Cook all ingredients on medium low with lid on the pot, slightly vented for about 30-40 minutes, until pasta or rice and vegetable are completely cooked.
 - Follow steps 9-10

- **Time Saving Steps:**
 - After grocery shopping, prep vegetables for future use by washing, rinsing, drying and chopping them. Place them in containers to use within 2 days.
 - Purchase pre-chopped vegetables
 - Make frequently used homemade spice blends ahead of time and place in an airtight jar. Store ground spices in the cabinet to avoid light and allow for longer shelf life.



From Mastcell360

<https://mastcell360.com/low-histamine-foods-list/>

Spices & Herbs – Lower Histamine and Higher Histamine

Lower Histamine Foods

- *Basil*
- Bay Leaves
- [Cardamom](#)
- *Caraway*
- *Chives*
- *Cilantro*
- Coriander
- *Cumin – O*
- Curcumin Powder (can replace turmeric if oxalates are a concern)
- Curry Leaves
- *Dill*
- Fennel
- Fenugreek
- *Garlic*
- *Ginger*
- *Lemongrass*
- *Mint*
- *Oregano*
- Parsley – Flat Leaf – (curly is high oxalate)
- *Peppercorns, Pink – O*
- *Peppermint*
- *Rosemary*
- [Saffron](#)
- *Sage*
- [Salt – only unrefined like Real Salt](#)
- Shallots
- Spirulina
- Tarragon
- Thyme
- *Turmeric – O*

Higher Histamine Foods – Limit These!

- Allspice
- Anise
- Cinnamon
- Chili Powder
- Cloves
- Curry powder
- Cayenne

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4



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- Foods labeled “with spices”
- Foods labeled “natural flavors” or “artificial flavors”
- Mace
- MSG
- Mustard
- Nutmeg
- Paprika
- Peppercorns – Black, Green, White – may need to limit to small amounts – O
- Seasoning packets with restricted ingredients

