



Cauliflower, Kale & Lentil Detox Soup

6 servings

40 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
 1 Yellow Onion (diced)
 2 stalks Celery (diced)
 2 Carrot (medium, peeled and diced)
 4 Garlic (cloves, minced)
 1 head Cauliflower (chopped into florets)
 4 cups Kale Leaves (chopped)
 6 cups Vegetable Broth
 2 1/4 cups Lentils (cooked)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	187
Fat	5g
Carbs	27g
Fiber	10g
Sugar	7g
Protein	10g
Selenium	3µg

Directions

- 1 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 2 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 3 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers: Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

Serving Size: One serving is equal to approximately 2 cups of soup.