

Cauliflower, Kale & Lentil Detox Soup

10 ingredients · 40 minutes · 6 servings



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.

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)