



## Cauliflower, Kale & Lentil Detox Soup

4 servings

40 minutes

### Ingredients

- 1 1/3 tbsps Extra Virgin Olive Oil
- 2/3 Brown Onion (diced)
- 1 1/3 stalks Celery (diced)
- 1 1/3 Carrot (medium, peeled and diced)
- 2 2/3 Garlic (cloves, minced)
- 2/3 head Cauliflower (chopped into florets)
- 2 2/3 cups Kale Leaves (chopped)
- 4 cups Organic Vegetable Broth
- 1 1/2 cups Lentils (cooked)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	205
Fat	5g
Saturated	1g
Carbs	31g
Sugar	7g
Protein	11g
Cholesterol	0mg
Sodium	748mg

### 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.