

Detox Lentil Soup

14 ingredients · 30 minutes · 8 servings



Directions

1. Place all ingredients except kale, parsley, and olive oil, in the crockpot. Cover and cook on high for 5-6 hours or low for 7-8 hours.
2. Place about ½ the of the soup in a blender with the olive oil. Pulse gently until semi-smooth and creamy-looking (the oil will form a creamy emulsion with the soup).
3. Add back to the pot and stir to combine. Stir in the kale and parsley. Turn the heat off and just let everything chill out for a bit before serving.
4. Optional: serve with organic tortilla chips, cashew cream or fresh grated Parmesan.

Notes

Instant pot:

Place same first group of ingredients in the Instant Pot and cook on the soup setting for 30 mins with a quick release. Follow the same blending instructions and then add kale and parsley.

adapted from:

<https://pinchofyum.com/the-best-detox-crockpot-lentil-soup>

Ingredients

- 1 cup** Butternut Squash (peeled and cubed)
- 1 cups** Carrot (peeled and sliced)
- 1** Russet Potato (chopped)
- 1 cup** Celery (chopped)
- 1/2 cup** Dry Lentils
- 1/2 cup** Yellow Split Peas (or use more lentils)
- 1** Yellow Onion (chopped)
- 5** Garlic (cloves, minced)
- 5 cups** Organic Vegetable Broth (4-6 cups. [Or Chicken broth])
- 2 tsps** Herbs De Provence
- 1 tsp** Sea Salt
- 2 cups** Kale Leaves (stems removed, chopped)
- 1/2 cup** Parsley (chopped)
- 1/4 cup** Extra Virgin Olive Oil (rosemary olive oil or other herb infused oil, splash of lemon juice to add a nice tangy bite)

Nutrition

Amount per serving

Calories	199	Cholesterol	0mg
Fat	8g	Sodium	732mg
Carbs	27g	Vitamin A	4128IU
Fiber	6g	Vitamin C	18mg
Sugar	4g	Calcium	62mg

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<https://nielsennutrition.com/>



Protein 8g Iron 3mg