

ULTIMATE DETOX SOUP★★★★★

COURSE: SOUP CUISINE: VEGAN KEYWORD: DETOX SOUP

PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES SERVINGS: 6 CALORIES: 169KCAL

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This Detox Soup is loaded with fiber and anti-inflammatory ingredients that may help reduce bloating and streamline your digestion. I love how comforting and filling it is!

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 yellow onion , *chopped*
- 3 carrots , *chopped*
- 3 celery stalks , *chopped*
- 5 garlic cloves , *minced*
- 1 1/2 inches fresh ginger , *minced (about 1 heaping tablespoon)*
- 1 1/2 teaspoons ground turmeric
- 1 1/2 teaspoons dried thyme (or 1 teaspoon freshly chopped rosemary)
- 6 cups water
- 1 cup dry green or brown lentils
- 2 teaspoons fine Himalayan salt , *divided*
- freshly ground black pepper
- 1 cup fresh cilantro , *chopped*
- 1 tablespoon freshly squeezed lemon juice (or to taste)

INSTRUCTIONS

1. In a large pot (I use a 6-quart one), heat the olive oil over medium-high heat. Add in the onion, carrots, and celery, and stir until softened, about 5 minutes.
2. Add in the garlic, ginger, turmeric, and thyme, and stir until fragrant, about 1 minute more. Immediately add in the water after that, so the garlic won't start to burn.
3. Add in the lentils, 1 teaspoon of salt, and several grinds of black pepper. Bring the liquid to a boil, then lower the heat to a simmer. Cover and let the soup cook until the lentils are tender, about 30 minutes.
4. When the lentils are tender, add in the remaining 1 teaspoon of salt, along with the cilantro and lemon juice. The cilantro will wilt quickly in the hot soup. Adjust any seasoning to taste, and serve warm.
5. Leftover detox soup can be stored in an airtight container in the fridge for up to 5 days. You can also freeze it for up to 3 months.

NOTES

This recipe timing should work well with green, brown, or black lentils. If you want to use red lentils, they will cook faster, so you can probably reduce the cooking time to only 20 minutes in that case. (Keep in mind that red lentils will have a mushy texture. See my Red Lentil Soup recipe for reference.)

NUTRITION

Calories: 169kcal | Carbohydrates: 27g | Protein: 9g | Fat: 3g | Saturated Fat: 1g | Sodium: 850mg | Potassium: 615mg | Fiber: 11g | Sugar: 4g | Vitamin A: 8080IU | Vitamin C: 20mg | Calcium: 81mg | Iron: 3mg