Traci Danielson Mitchell
https://tracidmitchell.com

Cauliflower, Kale & Lentil Detox Soup - TDM

3 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)
- **5 cups** Frozen Cauliflower
- **4 cups** Kale Leaves (chopped)
- **2 1/4 cups** Lentils (cooked)
- **6 cups** Water
- **1 tsp** Sea Salt (to taste)

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.