



## 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.