

DETOXING LENTIL & CABBAGE SOUP

Makes 8-10 servings

Ingredients

1/2 onion, diced
5 garlic cloves, minced
3 small sweet potatoes, or 1 large, peeled and diced
3 carrots, sliced
2 C lacinato kale, roughly chopped
2 C shredded cabbage mix
1 C green lentils, rinsed
64 oz low sodium broth + water if needed
Nourishing Green Sauce*
Vegan Parmesan**
Salt to taste



Directions

1. In a soup pot, heat 1 tablespoon olive oil and add onions and garlic. Cook 2-3 minutes, then add carrots, sweet potato, kale, cabbage, lentils and broth (in that order). Add more water if needed - you want to have enough liquid to cover the veggies about 2 inches.
2. Bring to a low bowl, then stir in 1/2 cup Nourishing Green Sauce. Save the rest for salads, etc.
3. Let simmer for 1 hour, then add salt to taste. Serve with Vegan Parmesan and crusty bread.

*See 2nd printout recipe for Nourishing Green Sauce

**Vegan Parmesan - in a blender, combine 3/4 cups raw cashews with 2 TBS nutritional yeast, 1/2 tsp garlic powder and 1/4 tsp salt.