

ANTIOXIDANT SOUP

SERVES: 4-6 PREP TIME: 30 MINUTES

INGREDIENTS:

1 onion, diced
3 tablespoons garlic, minced
2 tablespoons ginger, minced
3 carrots, chopped
1-2 sweet potatoes, chopped (about 2 cups)
1 teaspoon dried turmeric
3/4 cup dried red lentils
1/2 teaspoon salt
4 cups vegetable broth
2 cups kale or spinach, chopped
1 lemon, juiced



DIRECTIONS:

Saute: In a large pot over medium heat, saute onion and garlic in water for 3-5 minutes. Add carrots and sweet potatoes, saute for 5 more minutes. Add turmeric and ginger, saute for another minute.

Cook Lentils: Add broth, lentils, and salt. Stir and bring to a boil. Reduce heat and simmer for 10-15 minutes.

Remove from heat and stir in greens and lemon juice. After a few minutes, greens will wilt. Serve and Enjoy!

TIP:

Sourdough bread would pair nicely with this soup.