

# Super Simple Soup

(Makes about 8-10 cups)

## Ingredients

2 Tbsp. olive oil, extra virgin or ghee

1 medium onion, peeled, chopped, (can buy already chopped)

Pinch of sea salt, Pinch of turmeric

2 large organic carrots, washed, chopped, (can buy already chopped)

2 stalks organic celery, washed, chopped, (can buy already chopped)

1 Tbs garlic powder or 2 garlic cloves, peeled, crushed

1/2 tsp cumin powder, 1/2 tsp turmeric powder, 1/2 tsp curry powder

1/2 tsp sea salt, 1/2 tsp black pepper

Optional: ½ tsp red pepper or chili powder or red chili flakes

1 cup dry lentils, rinsed

6+ cups broth

4+ cups, any greens, chopped, washed: spinach, baby kale, chard, collards, cabbage

Other veggies and spices as desired

## Instructions

1. In a heavy-bottomed pot over low heat, add oil and heat for about 1 min.
2. Add onion, pinch of sea salt, and pinch of turmeric. Stir.
3. Sauté until softened, about 3 minutes.
4. Add carrots, celery, garlic, and spices. Stir. Sauté about 3 min.
5. Add broth and lentils. Stir. Bring to a boil. Reduce heat, cover and simmer for about 30 min.
6. Add chopped greens, stir and simmer for about 20 more minutes. Opt: Add more broth.
7. Season to taste.
8. Serve. Garnish with chopped parsley.
9. Refrigerate or freeze leftovers.

## Benefits

Enjoy a bowl of hearty soup, as an anytime meal or snack! *Lentils* pack a big bang of nutritional power. High in –building protein, -energizing B vitamins, and -heart loving magnesium, -blood nourishing iron and fiber-that feeds your good bacteria and supports healthy bowels. Such a deal from such a tiny bean! *Kale and cabbage* belong to that super star family of veggies full of cancer fighting sulphorophane.

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