

Cleansing Lentil & Fennel Soup

Ingredients:

- 1 tbsp olive oil
- 1 fennel bulb, sliced
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup red lentils, rinsed
- 1 carrot, diced
- 1 tsp ground coriander
- 1/2 tsp turmeric
- 4 cups vegetable broth
- Juice of 1/2 lemon
- Salt and pepper to taste

Instructions:

Heat oil and sauté fennel, onion, and garlic until soft.

Add lentils, carrot, coriander, turmeric, and broth.

Bring to a boil, then simmer 20 minutes until lentils are soft.

Blend partially for texture, finish with lemon juice, and season.

Health Benefits:

- Fennel: Eases bloating and supports liver detox
- Lentils: Gentle fiber and plant protein
- Turmeric: Anti-inflammatory and cleansing