

Lemon Lentil & Herb Soup

Ingredients:

1 cup red lentils, rinsed
1 onion, chopped
2 garlic cloves
Juice of 1 lemon Zest of 1/2 lemon
1/4 cup chopped parsley
1/4 cup chopped cilantro
1/2 tsp cumin
1/2 tsp turmeric
1 tbsp olive oil
5 cups vegetable broth
Salt and pepper to taste

Instructions:

Heat oil, sauté onion and garlic with spices.
Add lentils and broth, simmer until soft.
Add herbs, lemon juice and zest. Blend or serve as is.

Health Benefits:

Lentils support colon health and detox; lemon aids liver and kidney cleansing