

Lentil Fennel Detox Soup

Ingredients

- 1 tbsp olive oil
- 1 fennel bulb, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 1/2 tsp ground cumin
- 1/2 tsp turmeric
- 1 cup red lentils, rinsed

- 4 cups vegetable broth or water
- Juice of 1 lemon
- Sea salt and black pepper to taste
- Chopped parsley or fennel fronds for garnish

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add chopped fennel, onion, garlic, and carrot.
Sauté for 5 minutes.
3. Stir in cumin and turmeric. Cook for 1 minute.
4. Add lentils and broth. Bring to a boil.

5. Lower heat and simmer for 20–25 minutes until lentils are soft.

6. Add lemon juice, salt, and pepper.

7. Blend if desired for a creamy texture.

8. Garnish and serve.

Benefits

- Aids digestion and reduces bloating
- Rich in fiber and iron
- Anti-inflammatory and liver-supportive
- Supports gut health and detox pathways

- Gentle and nourishing for daily cleansing
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