

# CLEANSING DETOX SOUP

Serves 6

- 1/4 cup water or vegetable broth
- 1/2 of a red onion, diced
- 2 cloves garlic, minced
- 3 celery stalks, diced
- 3 medium carrots, diced
- 1 small head of broccoli, florets
- 1 cup chopped tomatoes
- 1 tbsp fresh ginger, peeled and minced
- 1 tsp turmeric
- 1/4 tsp cinnamon
- 1/8 tsp cayenne pepper, or to taste (optional)
- fine-grain sea salt and black pepper, to taste
- 6 cups water (or 4 cups vegetable broth + 2 cups water)
- 2 cups kale, de-stemmed and torn in pieces
- 1 cup purple cabbage, chopped
- juice from 1/2 of a small lemon (or more, to taste)



## DIRECTIONS

1. In a large pot, add water and turn on high heat to medium high heat.
2. When the water is hot, add the onion and garlic. Sauté for 2 minutes. stirring occasionally.
3. Add celery, carrots, broccoli, tomatoes and fresh ginger. Stir and cook for 3 min, adding extra water or broth as needed (another 1/4 cup).
4. Stir in turmeric, cinnamon, cayenne, salt and black pepper.
5. Add in the water or vegetable broth and bring to a boil.
6. Reduce heat and simmer for 10-15 minutes or until vegetables are soft.
7. Add in the kale, cabbage and lemon juice and simmer for 2-3 minutes.

There is no oil in this recipe, however if you do choose to use oil, use 1 tbsp or less of olive, avocado or coconut oil.

Leftovers will last in the fridge for up to 3 days.