

Anti-Inflammatory Carrot Lentil Soup

Cook Time:

About 1/2 an hour

Ingredients:

- 🌱 2 Cups of Red Lentils
- 🌱 6 Carrots
- 🌱 4 Cups of Water
- 🌱 1 Stick of Kombu
- 🌱 1/2 head of Garlic chopped
- 🌱 1/4 Yellow Onion chopped
- 🌱 1/2 Large Zucchini
- 🌱 1 Cup Broccoli chopped
- 🌱 1 Tbsp Dr. Furhman's Veggie Zest
- 🌱 1 Tbsp Nutmeg
- 🌱 1 Tbsp Turmeric



Instructions:

1. Blend carrots and 1 cup of water in the Vitamix until it turns into juice and set aside
2. Rinse Lentils, drain out water and keep in pan
3. Add rest of water, carrot juice and kombu to pan and cook on high until lentils soften
4. Once lentils are softened add the rest of the ingredients
5. Cook until veggies are softened
6. Cover, turn off heat and let sit on stove until ready to eat or transfer to refrigerator or freezer into separate bowls