

Detox Lentil Soup

Makes 2-4 servings

1 cup Lentils
1 cup Red Quinoa, cooked
1/2 cup Leek, chopped (Optional)
1-2 teaspoons Ghee (alternatively: coconut, safflower or peanut oil)
1 tsp santosha Massala
1 Carrot, quartered and chopped
1 stalk Celery, cut into small pieces
1 cup Kale, stalks removed, leaves torn into small bits
2 cups Vegetable Broth (homemade if possible)
Hingvastak, or Hing/Asafotida, optional
Salt to taste

Rinse lentils and drain. Melt ghee over medium heat. Sprinkle in spices and sauté one minute. Add Leeks if using and cook a few minutes until they soften. Stir in lentils until thoroughly coated. Add carrot, celery, kale and cook a moment. Turn heat to high and add vegetable broth. Bring to a boil, then cover and turn heat to low.

Cook 20-25 minutes. Stir in Hingvastak, optionally. Ladle the quinoa into bowls and pour the soup over. Season with salt to taste.