



## North African Red Lentil Soup

This soup is not only yummy but it binds toxins in the gut to help your body to elimination. The cumin adds digestive and anti-inflammatory support. Store in small containers in the freezer for leftovers. It's wonderful alone, with another vegetable or served over quinoa. Personally, I crave this soup...Enjoy!

### **Ingredients**

2 tbsp olive oil  
1 medium yellow onion, chopped  
1 large carrot, diced  
2 tsp ground cumin  
3 cloves garlic  
1 1/2 tsp salt  
2 cups red lentils  
8 cups of bone broth or stock  
Freshly ground pepper  
Lime wedges & chopped parsley, for garnish

### **Directions**

1. In a large pot, heat the olive oil over medium-high heat.
2. Add onion, carrot, cumin, garlic, 1 tsp salt. Cook stirring, for about 5 minutes or until onion is soft.
3. Add the lentils, bone broth/stock and remaining salt to onion mixture.
4. Bring to boil, turn heat all way down to lowest setting.
5. Partially cover and simmer gently for 30 minutes or until lentils are completely soft.
6. For thicker soup, allow lentils to cook until they are dissolved.
7. Grind in a generous amount of pepper and stir to blend.
8. Serve hot, with a lime wedge on the side. Garnish with parsley.

Source: The Immune System Recovery Plan, Dr. Suzanne Blum  
for Simply Made Health LLC