

SPICY CRUCIFEROUS SOUP WITH ROASTED CRUNCHY LENTILS

1 large onion chopped

3 cloves garlic

½ cup light olive oil

½ cup dried split yellow peas

½ medium head cauliflower, cored and broken into florets

2 cups broccoli florets

16 ounces organic tomato sauce

1 teaspoon kosher salt

Garnishes For Serving:

Cumin

Aleppo pepper

Organic reduced sodium Tamari soy sauce

Avocado oil

Crunchy Roasted Lentils *

Herbs de Provence

Fresh Basil leaves, optional

1. Sauté chopped onion and garlic until tender
2. Add 1 quart filtered water
3. Add yellow lentils
4. Bring to a boil and simmer on low heat for about 10 to 15 minutes or until soft but not mushy

5. Add cauliflower, broccoli and tomato sauce bring to a boil and lower heat. Simmer for 20 minutes.
6. Blend with electric emulsifier until completely smooth

Ladle into individual bowls.

Garnish:

- Sprinkle each bowl with Herb de Provence, Aleppo pepper, and crunchy roasted lentils for an amazing textural contrast.
- Drizzle with Avocado oil and Tamari soy sauce.
- Dust with cumin.
- Top with fresh basil leaves if using.