



Carrot Lentil Ginger Soup



3-5 servings



1 hour

INGREDIENTS

- 2 Tbsp EVOO
- 2 shallots, diced
- 5 cloves garlic, crushed
- 2 Tbsp fresh ginger, chopped
- 1 tsp turmeric
- 2 cups carrots, chopped
- 1 cup red lentils, rinsed
- 4 cups chicken bone broth
- 4 cups water
- Sea salt, to taste
- 1 tsp pepper
- 1/4 cup chickpea miso
- Fresh cilantro, chopped (to taste)
- 4 scoops collagen peptides

Ginger is a natural anti-inflammatory food that is perfect for cleansing because it speeds the movement of food through the intestines, thanks to compounds called gingerols and shogaols.

DIRECTIONS

1. Heat a soup pot over medium heat. Add in oil and shallots; sauté for 5 minutes or until softened. Add in garlic and ginger, sauté a minute more. Then add chopped carrots, lentils, water, broth, turmeric, and pepper.
2. Cover and bring to a boil, then reduce heat and simmer for about 40 minutes or until lentils are cooked and carrots are soft.
3. Add the miso. Use a food processor, immersion blender or regular blender to puree in batches. Return soup to pot. Taste and add more miso, cilantro and/or sea salt if desired. Stir 1 scoop collagen peptides into each serving bowl to meet protein needs.