

Oh She Glows Cookbook: Eat Your Greens Detox Soup

Prep Time: 25 minutes
Cook Time: 30 minutes
Total Time: 55 minutes

Yield: 3 servings

Ingredients

1½ teaspoons (7 mL) coconut oil or olive oil
1 sweet onion, diced
3 cloves garlic, minced
3 cups (750 mL) sliced cremini or white button mushrooms (about 8 ounces)
1 cup (250 mL) chopped carrots
2 cups (500 mL) chopped broccoli florets
Fine-grain sea salt and freshly ground black pepper, to taste
1½ to 3 teaspoons (7 to 15 mL) grated peeled fresh ginger
½ teaspoon (2 mL) ground turmeric
2 teaspoons (10 mL) ground cumin
⅛ teaspoon (0.5 mL) ground cinnamon
5 cups (1.25 L) vegetable broth
2 large nori seaweed sheets, cut into 1-inch (2.5-cm) strips (optional)
2 cups (500 mL) torn kale leaves
Fresh lemon juice, for serving (optional)



Method

In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, until the onion is soft and translucent.

Add the mushrooms, carrots and broccoli and stir to combine. Season generously with salt and pepper and sauté for 5 minutes more.

Stir in the ginger, turmeric, cumin and cinnamon. Sauté for 1 to 2 minutes, until fragrant.

Add the broth and stir to combine. Bring the mixture to a boil. Then reduce the heat to medium-low and simmer until the vegetables are tender, 10 to 20 minutes.

Just before serving, stir in the nori (if using) and kale and cook until wilted. Season with salt and pepper and a squeeze of fresh lemon juice, if desired.

Recipe by Angela Liddon of the Oh She Glows website