

Detox Moroccan Lentil Soup



This Detox Moroccan Lentil Soup is a simple, healthy and hearty meal that's great for digestion and the liver. Easy to make, packed with protein and delicious!

Course	Soup
Cuisine	American
Keyword	detox, detox soup, lentil soup, lentil stew, moroccan stew
Prep Time	10 minutes
Cook Time	40 minutes
Total Time	50 minutes
Servings	6 servings
Calories	204kcal

Ingredients

- 1 tablespoon [avocado oil](#)
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 1 cup chopped white fingerling potato
- 2 garlic cloves , minced
- 1 teaspoon [sea salt](#) (+ more to taste)
- 1 teaspoon [black pepper](#) (+ more to taste)
- 2 teaspoons [turmeric](#)
- 2 teaspoons [ground cumin](#)
- 2 teaspoons [ground ginger](#)
- 2 teaspoons [smoked paprika](#)
- 1 teaspoon [ground cinnamon](#)
- 1 cup green or brown lentils
- 1 cup [red lentils](#)
- 4 cups [vegetable broth](#)
- 2 cups water
- 1/4 cup [tomato paste](#)
- 1 cup almond milk (or coconut milk depending on your preference)
- 1 tablespoon lemon juice
- 2 - 3 cups spinach

Instructions

1. Heat the oil in a large stockpot or dutch oven. Add onions, celery, carrot, potato and garlic and saute for about 5 minutes until everything softens slightly. Season with salt, pepper and the spices and cook about 2 minutes.

2. Add lentils and saute 1 - 2 minutes, then add the broth, water and tomato paste. Stir to combine and until the tomato paste has dissolved. Bring the soup to a boil, cover and reduce to simmer for 30 minutes.
3. Remove from heat and stir in almond milk, lemon juice, and spinach, and stir until the spinach has wilted. Serve immediately and top with your desired toppings.
4. For garnishes, I like to do a dollop of coconut yogurt, some fresh parsley, pepper flakes, cracked pepper and jalapeno slices. A little spicy, a little creamy and so good!

Notes

Other cooking method ideas:

1. **Slow Cooker:** you could also totally make this detox lentil soup in the slow cooker as well. Just add all the ingredients into your slow cooker, stir it together and let it cook. It should cook for 4 - 6 hours on low, 3 - 4 on high. Here's [the slow cooker I have](#) at home.
2. **Instant Pot:** I'll be honest and say that I haven't nailed the InstantPot yet, but I do love using it to make soup. For this recipe, I'd say start with the saute setting to cook your veggies and then add the rest of the ingredients in. Cook it on high for about 10 minutes and let the pressure release naturally for 10 minutes. I have the [6qt Instant Pot](#) and love it!

Note: I haven't tested these yet, so if you do, let us know in the comments!

Nutrition

Serving: 1.5cups | Calories: 204kcal | Carbohydrates: 34g | Protein: 10g | Fat: 4g | Saturated Fat: 1g | Sodium: 1195mg | Potassium: 718mg | Fiber: 12g | Sugar: 6g | Vitamin A: 4564IU | Vitamin C: 15mg | Calcium: 107mg | Iron: 4mg