

Soups and Stews

Broccoli Lentil Soupwww.DrFuhrman.com**Serves:** 8**Preparation Time:** 45 minutes**Ingredients:**

8 cups water
 2 cups carrot juice, fresh or bottled
 1 pound dried lentils
 2 pounds plum tomatoes, chopped
 4 cups chopped broccoli
 2 onions, chopped
 3 celery stalks, chopped
 2 carrots, chopped
 6 cloves garlic, minced
 3 small zucchini, chopped
 1 tablespoon dried oregano
 1 1/2 teaspoons dried basil
 1 teaspoon ground coriander
 1 teaspoon ground cumin
 1 teaspoon dried thyme
 1 sweet potato, peeled and chopped
 3 tablespoons Dr. Fuhrman's Riesling Reserve Vinegar or balsamic vinegar
 1/2 cup raw cashews or 1/4 cup raw cashew butter

Instructions:

Place all ingredients except sweet potato, vinegar and cashews in a large soup pot. Bring to a simmer and cook for 45 minutes. Add sweet potato and simmer for an additional 15 minutes or until lentils and vegetables are tender. Remove from heat. Add vinegar.

Remove 2 cups or more of soup and puree with the cashews in a food processor or high powered blender. Stir back into soup.

Per Serving:

CALORIES 337; PROTEIN 19g; CARBOHYDRATES 56g; TOTAL FAT 5.2g; SATURATED FAT 1g; SODIUM 107mg; FIBER 21.8g; BETA-CAROTENE 8420ug; VITAMIN C 60mg; CALCIUM 133mg; IRON 6.6mg; FOLATE 337ug; MAGNESIUM 135mg; ZINC 3.8mg; SELENIUM 7.6ug

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