

DETOX LENTIL SOUP

FREEZE TOGETHER

- 2 cups chopped **butternut squash**, *fresh or frozen*
- 2 cups **mirepoix**, *fresh or frozen*
- 1–2 cups chopped **potatoes**, *fresh or frozen*
- 1 cup uncooked **brown lentils**
- 3/4 cup **yellow split peas**
- 3 cloves **garlic**, *minced*
- 1 teaspoon **herbes de Provence**
- ½ teaspoon **salt** (*more to taste*)
- 4–5 cups **vegetable** or **chicken broth**

INSTANT POT

High Pressure 15 mins

10-minute natural release

SLOW COOKER

High Setting 6 hrs

FINAL STEP

Blend a little of the soup with ¼ cup olive oil, return to pot, and stir in 1-2 cups chopped kale. Finish with some lemon juice or red wine vinegar.

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