

Beet and Fennel Detox Soup



Beets contain compounds that open up your blood and lymph vessels, allowing all toxic compounds to easily removed from your system. They also contain super-antioxidants which support the liver in carrying out all of it's important detoxification functions. Beets help thin bile, and boost your digestive enzymes. Did you know that good bile flow is needed for proper digestion? Many of us who have digestive issues such as gas and bloating may need to look at the cause, which could well be sluggish bile flow. So, we have a gorgeous, beet-y solution! This soup is absolutely delicious: warming, spicy, earthy, and satisfying. I recommend eating with with a side of quinoa and a crunchy green salad. This makes for a perfect week night dinner, or a hearty lunch.

The Ingredients

- 3 medium red beets
- 1 medium onion, finely diced
- 2 carrots, finely diced (I used the purple ones)
- 1 small fennel bulb, diced
- 2 garlic cloves, crushed
- 1 tsp cumin seeds
- 1 tsp fenugreek seeds
- 1 tsp coconut oil
- 2 cups vegetable broth, warm
- Juice ½ lemon
- 1/2 tsp sea salt
- 1 tbsp chia & pumpkin seeds, walnut pieces, and 1 teaspoon coconut milk, to garnish
- Ripe, but firm avocado, sliced

The Directions

- Place the unpeeled beets in a pot, cover with water. Bring to boil then simmer for 30 minutes until tender. Drain from water and set aside to cool.
- Heat the coconut oil in a cast iron skillet. Add the onions, carrots and fennel. Fry gently for about 2- 3 minutes. Add the garlic, cumin and fenugreek seeds, and fennel. Fry for 5-7 minutes over low heat. Remove from the heat.
- Peel the beets, cut into cubes, and add into the blender, together with the cooked vegetables, lemon juice, salt, and warm vegetable broth.
- Process to obtain a smooth cream.
- Season with salt and serve garnished with mixed seeds, and coconut milk, and avocado.