

Ingredients

- 3 celery stocks, chopped
- 3 tablespoons oil
- 2 cups lentils (soaked overnight)
- 4 cups chicken, beef or veggie broth
- 1 tbsp Braggs or soya sauce
- 1 cup chopped onion or sliced leeks
- 1 pkg smoked tofu, cubed
- 1 head fresh parsley, chopped
- Salt & pepper to taste

- Vegetarian
- Gluten free
- Paleo
- Dairy free
- Low carb
- Low allergenic
- Anti-inflammatory
- High fiber

Lentil, Parsley, & Smoked Tofu Clear Broth Soup

Prep 15 min | Cook time 30 min



Directions:

Chop celery and sauté in a small amount of oil until translucent. Add veggie broth or water and some bouillon cubes as well as the lentils and keep at a gentle boil until lentils become soft enough to eat. Next add the fresh sliced leeks, parsley, and smoked tofu. Flavour with pepper and salt. Enjoy.

Notes:

A fantastic healthy, high fiber soup good for almost any diet type. Leeks can be substituted for onion if you sensitive (particularly for SIBO). Also, the smoked tofu can be omitted or replaced with regular tofu – try to buy organic and GMO free as soy is a highly sprayed crop.