






MADE SIMPLE

French Detox Soup

Soupe d'épuration

 3 people

 5 mins prep time

 25 mins total time

 Easy

INGREDIENTS

- ½ chopped onion
- 1 chopped garlic clove
- 2 large (150 g) carrots chopped in small cubes
- ½ cup (100 g) uncooked quinoa
- 1 liter vegetable stock or 1 vegetable bouillon cube plus 1 L of water
- 2 handfuls (50 g) fresh spinach
- ¾ cup (100 g) uncooked shrimp
- 1 lemon
- ½ tsp dried dill
- salt and pepper



DIRECTIONS

1. In a pot, sauté the onions and garlic in olive oil for 3-5 minutes.
2. Add the carrots, quinoa, vegetable stock and mix.
3. Cook on medium heat for 15-20 minutes uncovered, until it is almost fully cooked.
4. Add the spinach, shrimp, the zest of one lemon, and the juice of half a lemon.
5. Season with salt, pepper, dill and mix.
6. Continue to cook for 5 minutes.
7. Re-season as necessary, serve in bowls, and sprinkle with cracked pepper and some dill.
8. This soup refrigerates well for 4-5 days or it can be stored in the freezer for up to 3 months.

Bon Appetit!
Emilie Anne 

