

# Turmeric Broth Detox Soup

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/califlower-vegetable-beef-noodle-soup-italian-seasoning-recipe>

## Ingredients:

- 2 tablespoons olive oil ( or ghee)
- 1 onion diced
- 2 tablespoons fresh ginger grated or finely minced
- 5 garlic cloves grated or finely minced
- 2 teaspoons turmeric powder or 3 teaspoons fresh turmeric, finely grated – see notes
- 1/4 teaspoon mustard seed optional
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon salt
- 4 cups water
- 4 cups veggie or chicken stock
- 1/8 teaspoon cayenne or to taste
- 3 teaspoons apple cider vinegar – or lime or lemon juice, to taste
- 1/2 cup basmati rice dry or pasta, quinoa, or 1 1/2 cup cooked
- 1/2 cup dry lentils little, or 1 cup cooked
- 1 cup garbanzo beans cooked, or canned, drained
- 1 can diced fire roasted tomatoes or use 1-2 cups fresh, diced tomatoes
- lime and salt to taste, a drizzle of olive oil and fresh cilantro leaves, optional
- 2 cups chickpeas cooked, or chicken
- 4 ounces noodles
- 2 cups cauliflower chopped, ( optional)
- 2 handfuls chopped kale
- lime squeeze of, optional
- fresh herbs cilantro, scallions, dill, serve with lime and drizzle of olive oil., optional
- celery
- fennel
- cauliflower
- tomatoes
- bell pepper
- greens
- carrots
- celery root

## **Nutrition:**

1. Calories: 600 calories
2. Carbohydrate: 109 grams
3. Cholesterol: 25 milligrams
4. Fat: 10 grams
5. Fiber: 22 grams
6. Protein: 23 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1070 milligrams
9. Sugar: 10 grams

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