

# Mark's Kitchen

[drhyman.com](http://drhyman.com)

## Broccoli Spinach Soup

Ready in: 30 minutes

Serves: 2

In a recent Eat Fat Get Thin Challenge, we had nutritional chef, [Mikaela Reuben](#), share helpful tips to make cooking easy and doable. Today, she is sharing a delicious recipe that is exactly that. This comforting, Pegan Diet approved soup is rich in vitamin C and fat soluble vitamins E and K. Enjoy!

### Ingredients:

- 1 tablespoons grass-fed butter or ghee
- 1/2 cup roughly chopped onion
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon fresh thyme leaves
- 1/4 teaspoon lemon zest
- 1/4 cup red lentils
- 2 cups organic mushroom broth
- 1 medium crown broccoli, cut into florets
- 1 1/2 cups spinach

Step 1: In a medium pot, melt the butter over medium heat.

Step 2: Add in the chopped onion, salt, pepper, thyme and lemon zest. Cook for about 3 minutes or until onions are soft.

Step 3: Add the lentils and stir to combine with other ingredients.

Step 4: Add the mushroom broth and continue to cook on medium for 5 minutes.

Step 5: Add broccoli florets. Cook for 5 more minutes.

Step 6: When the lentils and broccoli are nearly done cooking, add the spinach and cook for 1 more minute.

Step 7: Remove from the heat and pour the soup into a blender and puree on high until smooth. Serve immediately.

Nutritional analysis per serving (1 1/2 cups): calories 277, fat 8 g, protein 19 g, carbohydrate 41 g, sodium 693 mg