

•• SWEET POTATO LENTIL SOUP:•



Infused with the flavors of India, this colorful soup is simple to prepare and delicious in any season. Sautéing the veggies in water cuts out the fat and the quantities of spices used are boosted to keep the salt content low.

Prep Time: 10-15 minutes **Cook Time:** 60-70 minutes **Serves:** 6-8

Ingredients

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| 1 small onion, diced | 1 tsp ground coriander |
| 1 celery rib, chopped | 1 ½ cups dried brown lentils |
| 2 garlic cloves, minced | 6 cups water |
| 1 small sweet potato, peeled & diced | ½ cup cilantro leaves, minced |
| 1-14.5 oz. can diced tomatoes | ½-¾ tsp. salt |
| 1 tsp. ground ginger | Dashes of pepper |
| 1 tsp. ground cumin | |

Instructions

1. In a stock pot, sauté onions, celery and garlic in a little water until onion is translucent (about 5 minutes)
2. Add sweet potatoes and sauté 5 minutes more.
3. Add water, tomatoes and seasonings except the cilantro. Bring to a boil, then reduce heat and simmer for 50 to 55 minutes until the lentils and sweet potato are cooked through.
4. Add cilantro and cook 10 minutes more.

Recipe Notes

As with most soups, this one tastes even better the second day when the flavors have fully developed.

This soup freezes well, so make some extra and keep on hand when you need a meal in a pinch.