

Recipe For Lentil and Sweet Potato Soup

Serves 3-4 people

Equipment Needed

Medium soup pot
Cutting board and knife
Measuring cups and measuring spoons
Vegetable peeler
Hand blender or blender

To Make The Recipe

2 tbsp butter
1 medium onion, chopped
1 large sweet potato, peeled and cut into 1 inch cubes
2 medium carrots, peeled and sliced
2 cloves garlic, chopped
2 cups chicken or vegetable broth
2 cups water
1 tsp fresh, ginger, peeled and grated
1/4 tsp black pepper
1 1/2 tsp sea salt (or to taste)
1/4 tsp cumin
1/4 tsp chili powder
2 tbsp [crème fraîche](#), Mediterranean yogurt or full-fat coconut milk
2-3 tbsp fresh dill, chopped

Melt the butter in a saucepan with the onions. Add the sweet potatoes, garlic, carrots and apples and cook until the onion are translucent. While it is cooking, add the ginger, cumin and chili powder. Add the broth and lentils and bring the mixture to a boil. Lower to simmer and cover with a lid. Cook for 30 minutes until all the vegetables are soft. Add the cream or yogurt or coconut milk. Puree with a hand blender or transfer to a blender and puree (in two batches). Once smooth, add the dill and serve.

To turn this into a meal, add 2-3 cups fresh chopped spinach just at the end, just to warm and serve with fresh bread of choice. Leftover chicken or turkey can also be added or bake a sausage and chop into pieces to add to the soup just before serving.