

Red Lentil and Sweet Potato Soup

Serves: 4

Prep time: 15 minutes

Cook time: 50 minutes



2 serves per portion

Ingredients

2 tablespoon extra virgin olive oil

2 onions, chopped

1 garlic clove, crushed

½ teaspoon ginger powder

½ teaspoon turmeric powder

2 teaspoon curry powder

1 cup dried red lentils

1 medium sweet potato, diced

1 bay leaf

4 ½ cups chicken stock, salt reduced

Parsley or thyme, to serve

Juice of 1 lemon

Method

HEAT oil in a saucepan on low/medium heat and sauté the onion, spices and garlic until softened, about 5 minutes.

ADD the red lentils, sweet potato, bay leaf, and stock to the pot. Bring to the boil then reduce heat and simmer for 45 minutes or until the lentils have softened.

SPRINKLE with parsley or thyme and a squeeze of lemon juice to serve.



Everyday Food

Recipe courtesy of Suzy Jarret, Hinkler Branch