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Red Lentil and Sweet Potato Stew

Ingredients

2 Tbsp coconut or extra-virgin olive oil
1 tsp ground cumin
1 tsp ground turmeric
1 Tbsp curry powder
1 diced large onion
Coarse salt and freshly ground black pepper
4 minced cloves garlic
2 Tbsp minced fresh ginger
2 peeled and diced sweet potatoes (or butternut squash)
1 diced (stemmed, seeded) red bell pepper
1 1/2 cups rinsed red lentils
6 cups vegetable or chicken broth
Chopped fresh cilantro

Directions

- Heat oil in a large pot over medium heat. Cook cumin, turmeric and curry powder until fragrant, about 1 to 2 minutes. Add onion with a few pinches salt, and cook, stirring, until tender, about 6 minutes. Add garlic and ginger and cook, stirring, until tender, about 2 minutes. Add sweet potatoes and bell pepper and cook 1 minute.
- Add lentils and broth. Bring to a boil, then reduce heat and simmer until lentils are tender, 20 to 25 minutes. Season with salt and pepper. Top with cilantro before serving.