



Lentil Sweet Potato Soup

Prep Time: 10 min / Serves: 4

Ingredients

- 4 cups spinach
- 3 ½ cups vegetable broth, low salt
- 3 cups cubed sweet potato (3 small potatoes, approx)
- 1 ½ cups diced tomatoes (or 1 can diced tomatoes)
- 1 cup green lentils, uncooked
- 1 cup water
- ½ cup celery, chopped (2 stalks, approx)
- ½ cup onion, chopped (1/2 onion, approx)
- 3 cloves garlic, minced
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp red pepper flakes

Directions

- Add onion and celery to pot, sautee about 4 minutes adding a few drops of water as needed
- Add garlic, cumin, paprika and red pepper flakes, stir and cook a minute or two
- Add vegetable broth, sweet potatoes, lentils, water and tomatoes, stir
- Cover and simmer 45 minutes or so until sweet potatoes are cooked and lentils are tender
- Add spinach, stir until wilted

Optional: Prior to adding spinach, place half of soup into a blender and puree, then add back to pot or take your immersion blender and do a rough blend.