

Sweet Potato Lentil Stew

This is a recipe that is a crowd pleaser on a cold day. I once made this recipe for 50 people and everyone loved it. It is adapted from Alicia Silverstone's The Kind Diet.



PREP TIME

10 mins

COOK TIME

1 hr

TOTAL TIME

1 hr 10 mins



COURSE

Gluten Free, Lunch, Sides



SERVINGS

4 servings

CALORIES

229 kcal

INGREDIENTS

- 1 Tbsp olive oil
- 1 medium Onion diced
- 1 14 oz can diced tomatoed
- 1 tsp fresh ginger minced
- 1 1/2 tsp turmeric
- 1 tsp cumin
- 1 tsp coriander ground
- 1 tsp cinnamon
- 1/8 tsp cayenne
- 1 tsp Salt
- 400 g Cooked Sweet Potato (about 2 medium sweet potatoes)
- 5 c vegetable broth
- 1 c Lentils dried

INSTRUCTIONS

1. Heat the oil over medium heat in a large, deep pot.

- 2. Add the onion and cook, stirring frequently, for 2 minutes or until the onion starts to soften.
- 3. Stir in the tomatoes and ginger and cook for 3 minutes.
- 4. Stir in the turmeric, cumin, coriander, cinnamon, cayenne, and salt. Cook and stir for 2 minutes, then taste for seasonings.
- 5. Add the sweet potatoes, broth, and lentils. Stir well, and bring to a boil over high heat.
- 6. When the mixture comes to a boil, reduce the heat, cover and simmer for 40 minutes or until the lentils and sweet potatoes are soft.

NUTRITION

Nutrition Facts	
Sweet Potato Lentil Stew	
Amount Per Serving	
Calories 229	Calories from Fat 36
% Daily Value*	
Fat 4g	6%
Saturated Fat 1g	6%
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 3g	
Sodium 740mg	32%
Potassium 819mg	23%
Carbohydrates 38g	13%
Fiber 8g	33%
Sugar 8g	9%
Protein 9g	18%
Vitamin A 14200IU	284%
Vitamin C 5.8mg	7%
Calcium 40mg	4%
Iron 3.2mg	18%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!