

Sweet Potato-Lentil Stew

Ingredients Makes 4 to 6 servings

- 1 medium onion, diced
- 2 small tomatoes, diced
- 1 teaspoon minced fresh ginger
- 1 1/2 teaspoons turmeric
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon cayenne
- Fine sea salt (optional)
- 2-3 medium sweet potatoes, peeled and cut into 3/4" cubes
- 7 cups low-sodium vegetable broth
- 1 cup brown or red lentils

Directions Heat two tablespoons of the broth over medium heat in a large, deep pot. Add the onion and cook, stirring frequently, for two minutes or until the onion starts to soften. Stir in the tomatoes and ginger and cook for three minutes. Stir in the turmeric, cumin, coriander, cinnamon, cayenne, and a small pinch of salt, if using. Cook and stir for two minutes, then taste for seasonings; try to use only enough salt to heighten the flavors.

Add the sweet potatoes, broth, and lentils. Stir well, and bring to a boil over high heat. 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 Information | Per serving (1/4 recipe):

calories: 256; fat: 1 g; saturated fat: 0.2 g; calories from fat: 3%; cholesterol: 0 mg; protein: 13.9 g; carbohydrates: 50.7 g; sugar: 11.9 g; fiber: 10.9 g; sodium: 275 mg; calcium: 78 mg; iron: 6.1 mg; vitamin C: 23 mg; beta-carotene: 7699 mcg; vitamin E: 1.2 mg

Recipe adapted from Alicia Silverstone's *The Kind Diet*