

This Sweet Potato–Lentil Stew is packed with protein, fiber, potassium and vitamins A and B. What’s great is it can be stretched over a couple nights or eaten for lunch the next day over brown rice.

Ingredients (Serves 4–6):

- 1/4 cup olive oil
- 1 medium onion sliced
- 2 small tomatoes diced
- 1 teaspoon fresh ginger minced
- 1 1/2 teaspoons turmeric
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon cayenne
- sea salt
- 2–3 medium sweet potatoes, peeled and cut into 3/4” cubes (you can add more if you like)
- 7 cups vegetable broth
- 1 cup brown lentils

Directions:

Heat oil in large, deep pot. Add onion and stir until it starts to soften—about 2 minutes.
Stir in tomatoes and ginger. Cook for about 3 minutes.
Stir in turmeric, cumin coriander, cinnamon, cayenne and a pinch or two of sea salt
Cook and stir for 2 minutes. Add more salt if necessary.
Next, add sweet potatoes, broth and lentils.
Bring to a boil over high heat.
Cover and simmer for 40 minutes or until the lentils and sweet potatoes are soft.