Lentil & Sweet Potato Stew

By Kathy Everett & Donna Owen

Prep time:	30 min
Cook time:	45 min
Serves:	6

Dietary Requirements:

Vegan	X	Low Carb		Gluten-Free	X	Nut-Free	X
Vegetarian	X	Sugar-Free	X	Grain-Free	X	Soy-Free	X

Ingredients:

- 1 onion, diced
- 2 garlic cloves, minced
- 2 cups of lentils (brown, green or red)
- ½ cup celery, diced
- 1 cup of carrots, diced
- 1 cup zucchini, diced
- 1 large sweet potato, peeled and cut in 1-inch cubes
- 6 cups of vegetable broth or water
- ¼ tsp of cumin
- ½ tsp curry powder
- Salt and pepper to taste

Directions:

1. Sauté the onion, carrots, celery and garlic in a small amount of water until onion is translucent
2. Add all ingredients to a large soup pot and bring to a boil, then reduce heat to simmer
3. Simmer uncovered until potatoes are soft
4. Can serve over rice or eat as is