



Lentil Sweet Potato Soup

From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) In a huge pot, put broth, lentils, tomatoes, diced onion, diced garlic, diced ginger, ½ of the celery diced, cilantro stems, shredded kale & diced serrano peppers...cook until lentils are soft (30 min).
- 2) While the lentils are cooking, chop carrots, sweet potato, broccoli, mushrooms, jalapeno peppers & snap peas and stage them in a large bowl.
- 3) Add red curry paste and coconut milk. To lentil pot and blend with an emersion blender.
- 4) Add the staged items, along with the water chestnuts, nutritional yeast, liquid aminos, honey, salt, & pepper. Let simmer for at least an hour – until sweet potatoes and carrots are soft. Add water if it's too thick.
- 5) Top with cilantro leaves and raw cashews.

Notes

Ingredients

- Vegetable Broth/stock – 3 boxes
- Lentils – 2 bags
- Onion – 1 large
- Garlic – 8 gloves
- Ginger – 5 thumb sized pieces
- Celery – ½ stalk
- Kale – 1 Bunch
- Serrano Peppers – 4 small
- Tomatoes – 1 large can petite diced
- Coconut Milk – 2 cans lite
- Red Curry Paste – 1 small jar
- Jalapeno Peppers – 4 large
- Carrots – 2 lbs
- Sweet Potato – 3 large
- Broccoli – 1 bag of florets
- Mushrooms – 8 oz
- Snap Peas – 1 small bag
- Water Chestnut – 2 cans diced
- Nutritional yeast – ½ cup
- Liquid Aminos – 1/3 cup
- Honey – 1/3 cup
- Salt – 2 tablespoons
- Pepper – 2 tablespoons
- Cilantro – 1 bunch, top leaf ½ for topper, bottom stem ½ for soup
- Raw Cashews – Chopped for topper

