

MOROCCAN SWEET POTATO AND LENTIL SOUP

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 4 servings

3 tablespoons olive oil
1 ½ cups yellow onion, chopped
1 large carrot, diced (about ½ cup)
3 cloves garlic, minced (1 tablespoon)
2 teaspoons peeled and minced fresh ginger
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon turmeric
1 teaspoon paprika
1 teaspoon ground cinnamon
6 cups low-sodium vegetable broth, then more if desired
1 14.5 ounce can petite diced tomatoes
1 16 ounce large sweet potato, peeled and diced into ½ inch cubes (3 cups)
1 cup brown lentils, picked over and rinsed
Salt to taste
½ cup chopped fresh cilantro

Directions:

- Heat 2 tablespoons olive oil in a large pot over medium-high heat
- Add onion and carrot then sauté 4 minutes
- Add garlic and ginger then sauté 1 minute longer
- Add remaining 1 tablespoon olive oil, cumin, coriander, turmeric, paprika, and cinnamon
- Sauté 1 minute
- Stir in vegetable broth, tomatoes, sweet potatoes, and lentils
- Season with salt to taste
- Bring to a light boil then reduce heat to medium-low, cover pot and allow to simmer, stirring occasionally until sweet potatoes are soft, and lentils are tender, about 25-30 minutes
- Thin with up to 1 more cup of broth if desired
- Stir in half of the cilantro then serve with remaining cilantro