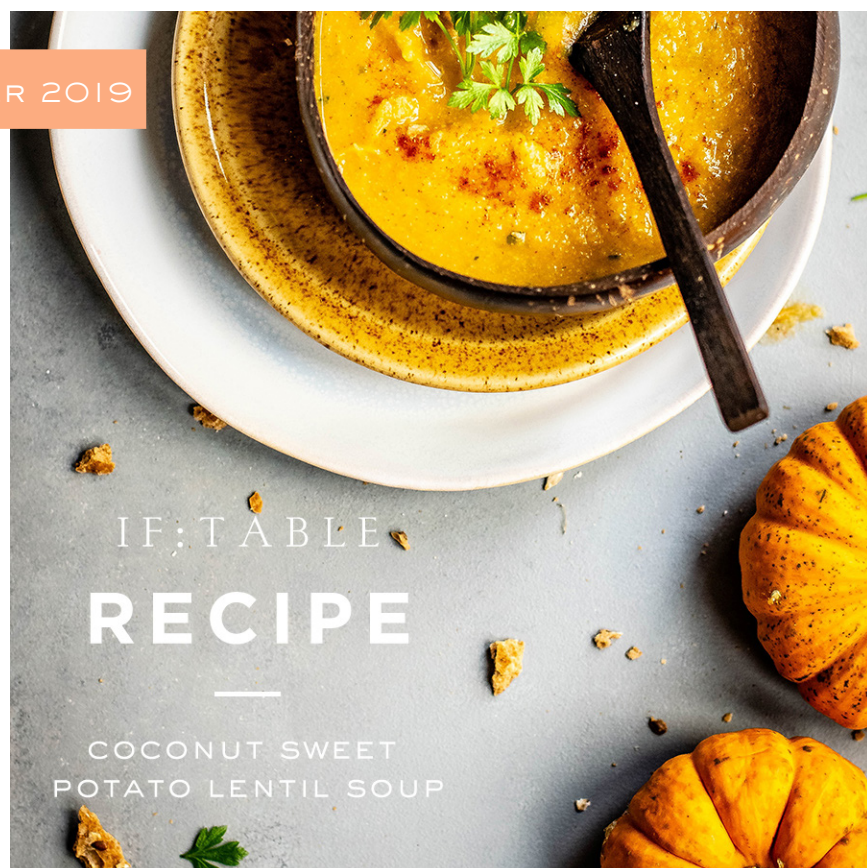


NOVEMBER 2019



IF:TABLE
RECIPE

COCONUT SWEET
POTATO LENTIL SOUP

DIRECTIONS

Heat the olive oil in a large pot over medium heat. When the oil shimmers, add the onion and cook 5 minutes until soft. Add the ginger, garlic, and sweet potatoes and cook until fragrant, about 2 minutes. Stir in the curry powder and cayenne and cook for another minute.

Add the broth and lentils. Season generously with salt. Bring the mix to a boil over high heat, then reduce the heat to low. Cover and simmer 15-20 minutes, until the lentils are soft and the sweet potatoes are tender.

Stir in the coconut milk and spinach, and cook for 5 minutes. Remove soup from the heat and add the cilantro.

To serve, divide the rice among bowls and ladle the soup overtop. Garnish with additional cilantro and serve with naan on the side. Enjoy!

Recipe from Half Baked Harvest

INGREDIENTS

- 2** tablespoons extra virgin olive oil
- 1/2** yellow onion, chopped
- 1** inch fresh ginger, grated
- 2** cloves garlic, minced
- 2** sweet potatoes, peeled and cubed
- 1** tablespoon yellow curry powder
- 1/2** teaspoon cayenne pepper, or to taste
- 4** cups low-sodium vegetable broth or water
- 3/4** cup dried red lentils
- kosher salt
- 1** 14-ounce can coconut milk
- 2** cups baby spinach
- 2** cups cooked basmati rice
- 1/3** cup fresh cilantro, chopped, plus more for serving
- Fresh naan, for serving