



## Healing Lentil & Sweet Potato Stew

This vibrant vegetarian stew is packed with **abundant nourishing veggies**, warming spices, and creamy lentils. Not only is this meal **anti-inflammatory** and packed with antioxidants, it's also **freezer-friendly** and easy on the budget!

Delicious sweet potatoes are an excellent source of **vitamin C** and **potassium** to boost immunity as well as help to manage blood pressure. Lentils provide your body with **plant-based protein**, iron, and loads of slow-digesting fiber to help you feel full for longer. This is key for **natural weight loss**, and contributes to balancing blood sugars too

# HEALING LENTIL & SWEET POTATO STEW

## Serves 4

- 1 large sweet potato, peeled and diced
- 3 medium carrots, cut into ½-inch pieces
- 3 stalks celery, cut into ½-inch pieces
- 2 leeks, halved lengthwise and cut into ½-inch pieces (white and light green parts)
- ¾ cup dried yellow or red lentils
- 1 4-inch piece ginger, peeled and finely grated
- 1 tsp. curry powder
- 1 tsp. seasalt
- 1 tbsp. unsalted butter
- 2 cloves garlic, thinly sliced
- Juice of ½ lemon, plus lemon wedges for serving

(optional) ½ cup chopped fresh cilantro

## Directions:

1. Combine the sweet potato, carrots, celery, leeks, lentils, ginger, ¾ teaspoon curry powder and 1 teaspoon salt in a 4-to-6-quart slow cooker.
2. Add 6 cups water and stir, then cover and cook on low, undisturbed, 8 hours.
3. Stir the soup vigorously with a whisk to make a rough puree. Thin with hot water, if desired.
4. Melt the butter in a small skillet over medium-high heat. Add the garlic and the remaining ¼ teaspoon curry powder and cook until the curry powder is slightly toasted, about 1 minute. Stir the curry mixture into the soup and add the lemon juice, cilantro, and salt to taste. Serve with lemon wedges.



Prep	Cook
25m	8hrs