

SWEET POTATO & LENTIL SOUP

Ingredients

1 large Spanish onion, diced
1 large sweet potato, diced
3 celery stalks + 1 celery heart, or 6 celery hearts, chopped
1 red pepper, diced
2 Tbsp olive oil
2-3 Tbsp. vegetable soup mix
1 tsp. turmeric
1/2 c. red lentils
6 c. water
1-2 c. frozen corn niblets

Method

- Sauté vegetables in olive oil for 5 minutes
- Add turmeric & soup mix & sauté 2 minutes longer
- Add water & lentils
- Simmer until vegetables are tender (20-30 minutes)
- Partial purée with a potato masher
- Stir in corn & heat through prior to serving