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Lentil Sweet Potato Soup

INGREDIENTS:
- 1 Cup dry lentils
- 4 Cups low-sodium chicken broth, vegetable broth, or water
- 2 Cups sweet potatoes, peeled and chopped
- 1/2 Cup carrots, chopped
- 1 small onion, chopped
- 2 Tablespoons extra virgin olive oil
- 1 teaspoon cumin powder
- 1 teaspoon black pepper
- 3 garlic cloves, minced
- 2 handfuls of fresh kale, chopped

Makes 5-6 servings.

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.
Directions:
1. Wash all vegetables before peeling and chopping. Rinse lentils in a colander and pick through for any stones.
2. In a heavy bottom saucepan, heat olive oil over medium heat. Add garlic and onion, and saute until onions become translucent. Add cumin and pepper, and stir to combine. Add carrots and lentils, and stir to combine.
3. Pour in the broth or water. Add the sweet potatoes and simmer over medium to low heat until lentils are soft and sweet potatoes can be pierced easily with a fork, about 40 minutes.
4. When lentils and sweet potatoes are tender, add the kale and continue cooking until it is wilted and tender, about 5-7 minutes.
5. Serve hot and enjoy!