

Lentil and Sweet Potato Stew



Serves: 5



Total Time:
30 minutes



Estimated Cost:
\$5

Ingredients

- 1 cup red lentils, rinsed,
- 2 medium sweet potatoes, peeled and cubed,
- 1 can diced tomatoes,
- 1 medium onion, diced,
- 2 garlic cloves, minced,
- 1 tsp cumin,
- 1/2 tsp turmeric,
- 4 cups vegetable broth,
- Salt and olive oil,
- *Optional: a squeeze of lemon juice*



Instructions

- 1 Heat oil in a large pot over medium heat. Cook the onion for 4 minutes until soft.
- 2 Add garlic, cumin, and turmeric, and stir for 30 seconds.
- 3 Add the sweet potato, lentils, tomatoes, and broth. Bring to a boil, then reduce heat and simmer for 20 to 22 minutes until the lentils are soft and the sweet potato is tender.
- 4 Add lemon juice if using, taste for salt, and serve.

