

SWEET POTATO AND LENTIL SOUP

INGREDIENTS

3 tablespoons olive oil
1 large onion, peeled and chopped
2 cloves garlic, minced
4 cups sweet potato, peeled and chopped
1 cup dried red lentils
1 ½ cups coconut milk
3 cups vegetable stock
1/2 cup double cream
1 cup skim milk powder

PREPARATION

1. Heat the oil in a pot. Cook the onions and garlic for 5 minutes.
2. Rinse and drain the lentils. Add the sweet potatoes, lentils, coconut milk and stock and simmer for 30 minutes.
3. Mix cream and skim milk powder and add to soup.
4. Blend the soup with a stick blender until completely smooth.
5. Freeze leftovers and use as needed for easy meals.

Recipe adapted from www.irishtimes.com

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