



Recipe From Phyllis' Kitchen



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RED LENTIL & SWEET POTATO SOUP

1 onion, chopped
2 tablespoons olive oil
1 cup red lentils
3 cups water
1 large sweet potato, peeled and cut in chunks
1 teaspoon, each, fennel seeds, cumin seeds, cardamom seeds, brown mustard seeds, and cinnamon
2 tablespoons fresh ginger, minced
3-4 cups vegetable or chicken stock
¼ cup roasted cashews mixed with 1 cup water
Salt and pepper to taste

Grind spice seeds, if possible. Bring lentils and 3 cups water to a boil; simmer for about 15 minutes. In a soup pot, brown onion and spices in oil until fragrant. Add ginger and stock, along with sweet potato chunks. Bring to a boil and simmer until sweet potatoes are tender. Add lentils, cashews, and 1 cup water. Process until very smooth in a food processor or immersion blender. If too thick, add water to obtain the right consistency. Serve in bowls, garnished with an assortment of coconut, raisins, curry powder. Serves 6-8.

Adapted from a recipe by John Borders.