

## **Spiced Red Lentil and Sweet Potato Soup**

Adapted from Susie Middleton

This is a colorful, mildly spiced and flavorful soup to calm the soul.

2 Tablespoons vegetable oil  
1 cup diced onion  
1½ teaspoons salt  
1 Tablespoon chopped garlic  
2 teaspoons chili powder  
1 teaspoon ground ginger  
1 teaspoon ground turmeric  
2 Tablespoons tomato paste  
1 large sweet potato (about 12 ounces) diced  
¾ cup red lentils  
½ cup coconut milk  
¼ cup cilantro or parsley, chopped  
½ lime  
2 to 3 Tablespoons sliced toasted almonds

1. Heat oil, add onion and ½ tsp. salt and stir about 5 minutes, until translucent.
2. Add garlic and stir about 30 seconds. Add spices and mix. Add tomato paste and mix. Add sweet potatoes, lentils and 1 tsp. salt. Add 6 cups of water and mix well. Bring to a boil, simmer, cover loosely and cook until potatoes are tender, about 25 minutes. Let rest a few minutes, and if desired use immersion blender.
3. Add coconut milk, lime, parsley, and taste.
4. Serve with almond garnish.