



Blended Lentil & Sweet Potato Soup

2 servings

45 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, diced)
- 1 Sweet Potato (large, cubed)
- 2 Garlic (clove, minced)
- 1 tsp Smoked Paprika
- 1 cup Diced Tomatoes (from the can, with the juices)
- 1 1/2 cups Vegetable Broth, Low Sodium
- Sea Salt & Black Pepper (to taste)
- 1 cup Lentils (cooked)
- 2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	282
Carbs	43g
Fiber	12g
Sugar	11g
Protein	12g
Cholesterol	0mg
Sodium	144mg
Vitamin A	10363IU
Vitamin C	18mg
Calcium	78mg
Iron	6mg
Vitamin D	0IU

Directions

- 1 Heat the oil in a pan over medium heat. Add the onion and sauté for five minutes or until softened. Add the sweet potato and cook for another four to five minutes until slightly browned, stirring occasionally.
- 2 Add the garlic and smoked paprika, stir, and cook for another minute. Add the tomatoes and broth, stir, and bring to a simmer. Cover the pot with a lid and simmer on low for 15 to 20 minutes, or until the sweet potato is cooked through.
- 3 Using an immersion blender, blend the soup until smooth. Alternatively, add the soup to a blender, blend in batches as needed, and then add it back to the pot. Season with salt and pepper. Add the lentils, cover, and cook for another 10 minutes until the flavors have combined.
- 4 Remove the soup from the heat and add the cilantro. Divide evenly into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is approximately two cups.

More Flavor: Add ginger to the soup.