

LENTIL + SWEET POTATO SOUP

Submitted by Esther McCant, Miami Gardens Healthy Corner Stores Recipe Contest Winner



Ingredients:

- 1 lb bag of dry lentils (rinse with cool water first)
- 1-2 sweet potatoes
- ½ onion chopped
- 3 long organic carrots
- 4 cups vegetable broth
- 1 stalk of organic celery (or you can buy organic celery salt in the spices section)
- ½ teaspoon black pepper
- 1 tablespoon garlic powder
- 3 tablespoons Indian curry spices

Instructions:

Add all ingredients to a pot on the stove and simmer on medium-low until lentils are tender, which is about 30 minutes to 40 over the stove. This recipe makes about 6 servings.

This could also be made in a crockpot (directions vary based off of which crockpot you use).