

Sweet Potato - Lentil Stew

From ***The Kind Diet*** by Alicia Silverstone

Serves 4-6

1/4 cup safflower oil

1 medium onion, diced

2 small tomatoes, diced, or 2 Tbsp tomato paste

1 tsp. fresh ginger, minced

1 1/2 tsps. turmeric

1 tsp. cumin

1 tsp. ground coriander

1/2 tsp. ground cinnamon

1/8 tsp. cayenne

fine sea salt

2-3 medium sweet potatoes, peeled and cut into 3/4 inch cubes

7 cups vegetable broth

1 cup lentils, brown or multi-colored

Heat the oil over medium in a large, deep pot. Add the onion and cook, stirring frequently, for 2 minutes or until the onion starts to soften. Stir in the tomatoes or paste and ginger and cook for 3 minutes. Stir in the turmeric, cumin, coriander, cinnamon,

cayenne, and a small pinch of salt. Cook and stir for 2 minutes, then taste for seasonings; try to use only enough salt to heighten the flavors.

Add the sweet potatoes, broth, and lentils. Stir well, and bring to a boil over high heat.

When the mixture comes to a boil, reduce the heat, cover, and simmer for 30 - 40 minutes or until the lentils and sweet potatoes are soft. Serve on its own, or over rice or couscous.