

Ingredients

- 2 tablespoons extra virgin olive oil
- 1/2 yellow onion, chopped
- 1 inch fresh ginger, grated
- 2 cloves garlic, minced
- 2 sweet potatoes, peeled and cubed
- 1 tablespoon yellow curry powder
- 1/2 teaspoon cayenne pepper, more or less to taste
- 4 cups low-sodium vegetable broth or water
- 3/4 cup dried red lentils
- kosher salt
- 1 can (14 ounce) coconut milk
- 2 cups baby spinach
- 2 cups cooked basmati rice
- 1/3 cup fresh cilantro, chopped, plus more for serving
- fresh Naan, for serving



Monthly Wellness Recipes

Coconut Sweet Potato Lentil Soup with Rice

This month's recipe is from Cassidy Kays who is the Administrative Assistant for the Office of Student and Resident Diversity in the School of Medicine.

"With the cold weather recently, I have been trying out different soups and one of my favorites that I recently found was a coconut sweet potato lentil soup with rice. It is simple to make and delicious with some Naan on the side!"

Cooking Instructions

1. Heat the olive oil in a large pot over medium heat. When the oil shimmers, add the onion and cook 5 minutes until soft. Add the ginger, garlic, and sweet potatoes and cook until fragrant, about 2 minutes. Stir in the curry powder and cayenne and cook another minute.
2. Add the broth and lentils. Season generously with salt. Bring the mix to a boil over high heat, then reduce the heat to low. Cover and simmer 15-20 minutes, until the lentils are soft and the sweet potatoes tender.
3. Stir in the coconut milk and spinach, cook 5 minutes. Remove from the heat and add the cilantro.
4. To serve, divide the rice among bowls and ladle the soup overtop. Garnish with cilantro. Serve with Naan on the side. Enjoy!