



Sweet Potato and Lentil Soup

Preparation time: 10 minutes

Cooking Time: 20 minutes

Serves 4

Ingredients

- 1 onion, diced
- 1 teaspoon olive oil
- 1 clove garlic, chopped
- 6 cups reduced salt chicken or vegetable stock (e.g. Massel salt reduced stock cubes)
- 500 g sweet potato, peeled and finely chopped
- 1 cup red lentils
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 4 tablespoons finely chopped coriander (or parsley)
- 4 tablespoons low fat plain yoghurt

Method

Fry chopped onion in oil until softened
Add garlic and spices, heat and stir for a few seconds until the spices are roasted and aromatic
Add stock, chopped sweet potato and lentils
Bring to the boil and simmer until lentils and sweet potato are tender, about 20 minutes
Blend using a food processor or hand-held blender, or mash with potato masher until smooth

Serve with a sprinkling of coriander and a dollop of yoghurt.

Enjoy the soup with a slice of multi-grain bread for a complete and satisfying winter's lunch.

Dietitians tips:

GI estimate: LOW

The type of stock you use can make a big difference to the salt content of soups. That's why Massel salt reduced stock cubes are suggested, if you can find them. These were the lowest salt ones we are aware of in the supermarkets however some wholefoods shops sell no-added salt stock powder that are lower in salt and worth seeking out.