

# Hearty sweet potato and lentil soup



Makes 6 serves

## Ingredients

- olive or canola oil spray
- 1 large onion, diced
- 2 carrots, peeled and diced
- 2 sticks celery, diced
- 3 cloves garlic, crushed
- 1 tbs ground cumin
- 1 small zucchini, diced
- 500g sweet potato, peeled and diced
- 2 x 420g cans no-added-salt brown lentils, undrained
- 1 L salt-reduced chicken stock
- 500 mL water
- coriander, chopped, to serve

## Method

1. Lightly spray a large pot with oil and place on medium to high heat.
2. Add onion, carrots and celery. Cook for 5 minutes, stirring often, until vegetables have softened.
3. Stir in garlic and cumin, cook for 1 minute until fragrant.
4. Add zucchini, sweet potato, lentils (including the water they are canned in), stock and water; stir until well combined.
5. Bring to the boil and simmer, partially covered, for 20 minutes until vegetables are tender.
6. Ladle soup into bowls and sprinkle with coriander, if desired.

## Hint

Increase the amount of water for a thinner soup, or process half the soup with a blender or stick mixer for a thicker texture.

“Vegetable based soups are a great way to boost your vegetable intake for the day. This soup has the added benefit of lentils which are a good source of protein and low GI carbohydrate making it a meal in a bowl. Enjoy as a light lunch or add a fresh wholegrain bun for a more substantial meal.

**Mary du Heaume**  
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## Nutrition information

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1055 kJ	194 kJ
Protein	13.5 g	2.5 g
Fat, total	7.9 g	0.9 g
— saturated	0.6 g	0.1 g
Carbohydrate	33.6 g	6.2 g
— sugars	9.6 g	1.8 g
Sodium	731 mg	134.6 mg
Fibre	9.4 g	1.7 g

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