

LET'S COOK!

SWEET POTATO AND LENTIL STEW



COZY SWEET POTATO AND LENTIL STEW

Servings: 8-10 Ready in: 55 minutes

2 tbsp	vegetable oil
1 medium	onion, diced
3 cloves	garlic, minced
1 small	butternut squash, peeled, seeded and diced, (about 5 cups)
1	sweet potato, peeled and diced
3½ cups	chicken or vegetable broth
1 can (400 mL/14 oz)	diced tomatoes
1 can (796mL/28 oz)	coconut milk
1 cup	dried red lentils, rinsed
3 tbsp	tomato paste
1½ tsp	curry powder
1 tsp	sugar
1½ tsp	ground cumin
½ tsp	chili powder
4 cups	baby spinach, lightly packed
	salt and pepper to taste

NUTRITION TIPS

To reduce the salt in this recipe, use:

- No salt added broth

To learn more about food safety, visit york.ca/FoodSafety

INSTRUCTIONS:

1. In a large soup pot, heat oil over medium heat. Add onion and garlic and sauté for 3 minutes or until the onion is softened.
2. Add the squash and sweet potato and stir to combine. Sauté for a few minutes.
3. Add the broth, diced tomatoes (with juices), coconut milk, lentils, tomato paste, curry powder, sugar, cumin, chili powder, salt, and pepper. Stir well to combine.
4. Increase heat and bring to a boil. Reduce the heat to medium-low, simmer uncovered for about 25 minutes, stirring often, until the squash and potato are fork-tender.
5. Stir in the baby spinach and cook for another minute until the greens are wilted.

TIPS: Serve over rice or quinoa. Leftovers will keep in the fridge for up to 3 days.

Use frozen diced butternut squash: there is no need to thaw it first.

For extra spiciness and tang, add 1/2 tsp of cayenne pepper and 1 tbsp of apple cider vinegar or lime juice just before serving.

Any leafy green vegetable can be used to replace the spinach (e.g., kale or Swiss chard).

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