

Recipe Name **Sweet Potato, Kale and Lentil Stew – Serves 4-6**

Ingredients:

- 1 Tbsp. Avocado oil
- 1 medium onion, small dice
- ½ tsp. crushed red pepper
- 1 tsp. coriander
- 1 tsp. ground cumin
- 2 tsp. turmeric
- 2-inch piece fresh ginger, peeled and minced (about 2 generous Tbsp)
- 4 garlic cloves, peeled and minced
- 2 lbs. sweet potatoes, peeled and dice into ¾ inch chunks
- ½ cup brown lentils
- 4 cups vegetable stock
- 1 - 13.5oz. can coconut milk (not light)
- 1 lime
- 1 small bunch of kale, stems removed, leaves chopped
- Kosher salt and black pepper to taste
- Cilantro for garnish

Directions

1. Heat a large, heavy-bottomed pot over medium heat. Once hot, add the avocado oil, diced onions and a sprinkling of kosher salt. Stir occasionally until translucent and soft, 3-5 minutes.
2. Add the chili flakes, coriander, cumin, and turmeric. Stir into onions for about 1 minute until spices bloom and become fragrant. Add the ginger and garlic, cooking for another minute until these become fragrant.
3. Add the sweet potatoes and lentils to the pot and stir to coat them in the spices. Sprinkle with salt and pepper. Add the vegetable stock and stir, scraping up any browned bits on the bottom of the pot and raise heat, bringing it to a boil.
4. Once the stew is boiling, lower the heat to a simmer. Simmer stew for about 30 minutes until the sweet potatoes are almost falling apart and the lentils are tender. The liquid should also reduce by about half. If reducing too quickly, place lid on pot and continue to simmer covered until potatoes are tender.
5. Add the coconut milk to the pot and stir to combine. Potatoes will be breaking down and thickening the stew. Add kale to pot and stir until the kale is wilted and bright green, about 3-4 minutes. Taste and adjust salt, pepper and chili as needed.



RECIPE

Nutrition Facts

Servings: 6

Amount per serving

Calories **485**

% Daily Value*

Total Fat 23.3g **30%**

Saturated Fat 15.8g **79%**

Cholesterol 0mg **0%**

Sodium 464mg **20%**

Total Carbohydrate 56.3g **20%**

Dietary Fiber 7.7g **28%**

Total Sugars 15.1g

Protein 10.5g

Vitamin D 0mcg **0%**

Calcium 128mg **10%**

Iron 7mg **41%**

Potassium 972mg **21%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**

6. Serve the stew hot with chopped cilantro, extra crushed red pepper, and lime wedges.