*Pureed Sweet Potato and Lentil Soup*

*Ingredients*

(900 mL) carton low-sodium chicken broth

1 small onion, diced

1 tbsp (15 mL) of your favourite Indian curry paste (Can leave this out)

1/2 cup (125 mL) split red lentils (Canned and rinsed are ok too)

1 large sweet potato, peeled and cut into ½-inch (1 cm) pieces

1 cup (250 mL) **Milk or lactose free milk**

2 cups (500 mL) packed baby spinach

2 tbsp (30 mL) lemon juice

Plain Yogurt for serving (optional)

*Preparation*



Place broth, onion and curry paste in a large saucepan. Bring to a boil. Add lentils, reduce heat and simmer covered for 5 min. Add sweet potato, continue to simmer covered about 10 min until lentils and sweet potatoes are tender. Add milk to hot soup.

Ladle about ⅓ of the soup into a blender or food processor (being very careful as it is hot). Purée, then return to soup in saucepan. Add spinach. Stir over medium heat, but don’t boil, just until spinach is wilted, 1 to 2 min. Stir in lemon juice. Serve with a dollop of yogurt, if using.