

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Curried Red Lentil and Sweet Potato Soup

Yield: 16 cups

2 tablespoons olive oil

1 large onion, ¼-inch dice

2-inch piece fresh ginger, finely minced

3 large cloves garlic, finely minced

2 tablespoons curry powder or a mixture of curry powders*

1 teaspoon *Garam Masala***

1 ½ teaspoons fennel seed

2 bay leaves

Freshly ground black pepper

2 pounds sweet potatoes or yams, peeled, ½-inch dice (stored in water to keep from turning brown)

1½ cups red lentils

1½ tablespoons sea salt

Garnish with scallions, cilantro and yoghurt

Heat a large soup pot over medium heat. Add the oil and then the onion. Cover the pan and cook, stirring occasionally, until the onions are translucent and beginning to color. Stir in the minced ginger and garlic, the curry powder, fennel, bay and pepper. Add the well-drained sweet potatoes or yams and stir to coat them with the spices.

Wash and drain the *lentils just before you use them as they mercilessly stick together within seconds of being rinsed*. Add them to the pot along with 9 cups of water. Bring the mixture to a boil. Reduce the heat so that the soup simmers, and cook it partially covered for 20 minutes. Stir in the sea salt; cook another 5 minutes until the lentils and potatoes are soft.

For a chunky soup, use a blender to puree 2 cups of the soup and return it to the pot. Puree all of the soup if you prefer a creamier texture. Adjust the seasonings to taste and serve garnished with a swirl of yoghurt and some thinly sliced scallion and coarsely chopped cilantro.

* I use a mixture of 1 tablespoon Sweet Curry, 1½ teaspoons Hot Curry and 1½ teaspoons Maharaj Curry from [Penzey's Spices](http://www.penzey.com).

** *Garam Masala* is a blend of coriander, black pepper, cardamom, cinnamon, *kalonji*, caraway, cloves, ginger and nutmeg.