MOROCCAN SWEET POTATO AND LENTIL SOUP

By: Simply Creative Chef Rob Scott

**Ingredients:** Yields 4 servings

3 tablespoons olive oil

1 ½ cups yellow onion, chopped

1 large carrot, diced (about ½ cup)

3 cloves garlic, minced (1 tablespoon)

2 teaspoons peeled and minced fresh ginger

2 teaspoons ground cumin

1 teaspoon ground coriander

1 teaspoon turmeric

1 teaspoon paprika

1 teaspoon ground cinnamon

6 cups low-sodium vegetable broth, then more if desired

1 14.5 ounce can petite diced tomatoes

1 16 ounce large sweet potato, peeled and diced into ½ inch cubes (3 cups)

1 cup brown lentils, picked over and rinsed

Salt to taste

½ cup chopped fresh cilantro

**Directions:**

* Heat 2 tablespoons olive oil in a large pot over medium-high heat
* Add onion and carrot then sauté 4 minutes
* Add garlic and ginger then sauté 1 minute longer
* Add remaining 1 tablespoon olive oil, cumin, coriander, turmeric, paprika, and cinnamon
* Sauté 1 minute
* Stir in vegetable broth, tomatoes, sweet potatoes, and lentils
* Season with salt to taste
* Bring to a light boil then reduce heat to medium-low, cover pot and allow to simmer, stirring occasionally until sweet potatoes are soft, and lentils are tender, about 25-30 minutes
* Thin with up to 1 more cup of broth if desired
* Stir in half of the cilantro then serve with remaining cilantro