

Recipe of the Week 14
Savoury Golden Lentil and Sweet Potato Soup

The Golden Lentil soup is an ideal lunchtime snack during the winter months. The dish can be filled with a variety of vegetables to increase your vitamin and mineral intake to reduce the risk of illness, preserve your health and enhance performance. During periods of intense training consume the dish with a serving of rice to increase the carbohydrate content to maximise energy levels.

Tip: You can make the soup in bulk and freeze to make future servings quicker.



Serves: 4 - 6
Preparation time: 40-minutes
Cooking time: 35-minutes

Ingredients

- ½ cup of dried lentils (soaked)
- 1 large sweet potato (cubed)
- 1 large red onion (diced)
- 3 garlic cloves (minced)
- 2 large carrots (thinly sliced)
- 1 ½ cups of vegetable or chicken broth
- 2 cups of water
- ½ tablespoon fennel seeds
- ½ tablespoon cumin
- ½ tablespoon cinnamon
- ½ tablespoon of chilli powder
- ½ tablespoon of red pepper flakes
- 1 tablespoon of salt

Each serving contains

Energy (kcal) – 165kcal
Carbohydrates – 20g
Protein – 15g
Fat – 2g (0.3g saturated)

Method

1. Soak the lentils in roughly 1 cup of cold water or green tea for at least 30 minutes.
2. In a medium-sized stock pot over medium-high heat, Sautee the diced onions and garlic in 1/4 cup of the chicken broth until the onions become translucent (around 5 minutes).
3. Add the carrots, sweet potatoes, and any other vegetables. Cook for around 1 minute
4. Add the lentils, water, and chicken broth. Bring to a rolling boil, stirring the mixture occasionally.
5. Reduce the heat. Add the red pepper flakes and fennel seed and cover, allowing the soup to simmer for about 20 minutes or until the lentils and sweet potatoes begin to fall apart.
6. Remove the lid and add the spices. If you would like to get a thicker consistency, kick the heat back up and reduce until it hits the desired thickness. You may want to adjust the amounts of salt and pepper, depending on your own tastes.
7. Serve

Adapted from (Caloriecount.about.com)
Image from (blogspot.com)

