



The Health & Wellbeing Studio

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Coconut, Sweet Potato and Lentil Soup

This soup is a beautiful, warming soup that can be enjoyed year round. It is, however, particularly good in autumn when sweet potato is at its best. Vibrant yellows and oranges reflect the season, and are also the pigments of immune-boosting nutrients such as beta-carotene and vitamin C. Warming flavours from the onion, garlic, ginger and turmeric also help to stave off colds and flu, and lentils provide a serve of protein, to help keep you fighting fit as the days get cooler.

- Family friendly
- Gluten free
- Freezable
- Entrée
- Grain Free
- GAPS Friendly
- Lunch
- Nut Free
- Vegan Option
- Dairy Free
- Lactose Free
- Dinner
- Leftovers
- FODMAP Friendly
- Amine Friendly
- Lunchbox
- Soup
- Vegetarian

Preparation time: 10mins

Cooking time: 30mins

Serves: 4-6

Ingredients

- 1 tbsp coconut oil
- 1 brown onion, finely chopped
- 1 tbsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 small red chilli, finely chopped, optional
- 1 tbsp grated fresh ginger
- 2 cloves garlic, crushed or finely chopped
- 1L chicken or vegetable broth or water
- 800g sweet potato, washed and chopped
- 1 can lentils, rinsed
- 240ml can coconut milk, optional

Instructions:

1. Heat oil in large saucepan over low heat. Add onion, and fry until starting to soften.
2. Add turmeric, cumin, coriander and chilli. Fry, stirring until fragrant.

3. Add ginger and garlic. Stir for 1 minute.
4. Add broth or water and sweet potato. Bring the broth to the boil, then reduce to a simmer until the sweet potato has softened.
5. Add the lentils and cook for a further 5 mins until heated through.
6. Remove from the heat and blend with a stick blender until smooth (or has reached the consistency you like). Stir through coconut milk.
7. Serve immediately or allow to cool before freezing for grab-and-go lunches or an easy dinner option.

Alternatives

For a GAPS friendly version, swap the sweet potato for pumpkin.

For a low FODMAP version, omit the garlic and onion, and replace the sweet potato for Jap or Kent pumpkin. Be sure to use a FODMAP friendly stock (try the Sue Shepherd range from supermarkets and health food stores, or make your own).

For a low amine option, omit the chilli.