



# Lentil Soup with Kale and Sweet Potatoes

Prep time: 10 min

Cook time: 45 min

Makes 10 cups

## INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, skin removed and diced
- 2 celery ribs, washed and diced
- 6 cloves of garlic, minced OR 1 Tablespoon of minced garlic
- 1– 28 ounce can of diced tomatoes
- 2 sweet potatoes, peeled and diced
- 1 bunch of kale, washed, with thick stems removed and remaining leaves cut into strips
- 1 ½ cups, brown lentils, washed
- 4 cups vegetable broth or water, plus more as needed
- 1 whole dried bay leaf
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon of lemon juice

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Heat the oil in a stock pot over medium heat.
2. Add the onion and celery and sauté until the onions soften.
3. Add the garlic and sauté for 30 more seconds.
4. Add the tomatoes and cook for 5 more minutes.
5. Add the sweet potatoes, kale, lentils, vegetable broth, bay leaf, thyme, salt, and pepper to the stock pot.
6. Bring to a boil and then reduce heat to low (adjust heat so that the soup gently bubbles).
7. Cook for 25 to 30 minutes, or until lentils are tender. If the soup becomes too thick, add additional broth or water if desired.
8. Remove lentil soup from heat and stir in lemon juice to finish.
9. Serve and enjoy.

**Lentils** are a small round bean often used in soups and stews. They are native to the Middle East. They are also a common ingredient in Mediterranean, South Asian and East African countries.



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