Canadian Cancer Society | COOK FOR THE CURE | KitchenAid

Caribbean Curried Sweet Potato and Lentil Soup

Recipe by: Chef Craig Wong, PATOIS
Location: Toronto, ON

Servings: 4 people
Preparation Time: 30-40 minutes

Hearty one-pot soups are quick, healthy & the most convenient way to use any leftovers from your fridge.

INGREDIENTS

- 1.5 lbs Sweet Potato, peeled & cubed
- 1 1/2 tbsp Coconut Oil
- 2 tbsp Curry Powder (Caribbean if possible)
- 1 cup Cooked Lentils, or 1 cup of canned Lentils
- 3 cups low sodium Chicken Stock
- 1/2 can Coconut Milk
- 1 tbsp Salt
- 3 sprigs Fresh Thyme
- 1 piece Scotch Bonnet Pepper, whole (optional based on spice preference)

Garnish (optional):

- 1/4 cup Coconut Milk
- 1/2 Lime, cut in wedges
- 1/4 cup cooked & shredded chicken

INSTRUCTIONS

Keys to creating a great soup:

1. Choose a star ingredient: Sweet Potato
2. Next, a supporting ingredient: Lentils
3. Then pick the liquid(s): Stock & Coconut Milk
4. Finally, choose a style: Caribbean Curry, Scotch Bonnet & Thyme

1. Peel sweet potatoes, cut into 1 inch cubes.
2. In a medium pot, over medium heat, add coconut oil and sweat the sweet potato cubes for 5 minutes. Find the right KitchenAid® Range for making soup. Explore electric, gas, and induction models.
3. Add curry powder to the pot and stir for 1 minute.
4. Add lentils, chicken stock, coconut milk, salt, and thyme sprigs.
5. Optional step: Float a scotch bonnet pepper on top of the soup for flavour. If you prefer the soup mild, be careful not to burst the pepper. If you prefer it spicy, slice the pepper in half. For very spicy soup, chop the scotch bonnet before adding.
6. Bring the soup to a simmer for 20-25 minutes or until the sweet potato is fork tender.
7. Serve in warm heated bowls, and garnish with coconut milk, lime and cooked chicken. You can store all your fresh ingredients for later in a KitchenAid® Refrigerator, available in a variety of configurations.

Nutrition Facts
Per 1 Cup (250 mL)

Calories 200	% Daily Value*
Fat 8 g	11 %
Saturated 6 g + Trans 0 g	30 %
Carbohydrate 27 g	
Fibre 4 g	14 %
Sugars 7 g	7 %
Protein 7 g	
Cholesterol 5 mg	
Sodium 470 mg	20 %
Potassium 500 mg	11 %
Calcium 50 mg	4 %
Iron 3 mg	17 %

*5% or less is **a little**, 15% or more is **a lot**

SPONSORED BY
KitchenAid®