

#LetsCook30

COZY SWEET POTATO AND LENTIL STEW

#thenewstew

Try this modern spin on stew. This cozy blend of autumn vegetables is sure to please and tastes even better the next day. This stew freezes well for a quick lunch or meal on another day.

Servings: 8 **Ready in about:** 60 minutes

2 tbsp	vegetable oil
1 medium	onion, diced
3 large cloves	garlic, minced
1 small	butternut squash, peeled, seeded and diced, (about 5 cups)
1 large	sweet potato, peeled and diced
3 ½ cups	chicken or vegetable broth
1 – 28 ounce can	tomatoes, diced
1 – 14 ounce can	coconut milk
1 cup	dried red lentils, rinsed
3 tbsp	tomato paste
1 ½ tsp	curry powder
1 tsp	sugar
1 ½ tsp	ground cumin
½ tsp	chili powder
	salt and pepper to taste
4 cups	baby spinach

Nutrition Tips

To help reduce the salt and saturated fat in this recipe, we used:

- Sodium reduced broth
- No salt added tomatoes
- Light coconut milk

INSTRUCTIONS:

1. In a large soup pot, heat oil over medium heat. Add onion and garlic and sauté for 3 minutes or until the onion is softened.
2. Add the squash and sweet potato and stir to combine. Sauté for a few minutes.
3. Add the broth, diced tomatoes (with juices), coconut milk, lentils, tomato paste, curry powder, sugar, cumin, chili powder, salt, and pepper. Stir well to combine.
4. Increase heat and bring to a boil. Reduce the heat to medium-low, simmer uncovered for about 25 minutes, stirring often, until the squash and potato are fork-tender.

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5. Stir in the baby spinach, and cook for another minute until the greens are wilted.
6. Serve over rice.
7. Leftovers will keep in the fridge for up to 3 days.

TIPS:

- If you are short on time, purchase frozen butternut squash, it is peeled and diced and ready to be added into this recipe. There is no need to thaw it first.
- To speed up the cooking process, dice the squash and sweet potato into small pieces.
- For extra spiciness and tang, add ½ tsp of cayenne pepper and 1 tbsp of apple cider vinegar or lime juice just before serving.
- Any leafy green vegetable could be used to replace the spinach (e.g., kale or Swiss chard).

Adapted from: Oh She Glows, Angela Liddon. 2016