

Spiced Sweet Potato, Lentil & Spinach Soup

This recipe contains nutrients associated with maintaining normal eye health, and it's a feast for the senses! Because cooking doesn't always just rely on our eyesight.

The main ingredients do the work: **sweet potato** provides beta-carotene, which the body converts to vitamin A; **spinach** provides lutein and zeaxanthin, carotenoids concentrated in the retina; and **lentils** add protein, fibre, and minerals while keeping the meal filling and inexpensive.

Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 cup dried red lentils, rinsed
- 1 large onion, chopped
- 2 carrots, chopped
- 2 handfuls spinach, shredded (frozen spinach will also work)
- 2 cloves garlic, crushed
- 1 teaspoon ground cumin
- 1 teaspoon mild curry powder
- ½ teaspoon turmeric
- 1 tin chopped tomatoes
- 1.5 litres vegetable or chicken stock
- 1 tablespoon cooking oil
- Salt and black pepper to taste
- A squeeze of lemon juice, optional



Serves 6 | Affordable | One pot | Freezer-friendly

Method:

1. Heat the oil in a large pot. Add the onion and cook until soft.
2. Add the garlic, cumin, curry powder and turmeric.
3. Stir for about one minute.

Recipe continues on the next page . . .



Cooking is something we experience with all of our senses!

This is your first sensory cue:

You'll know the spices are ready when their warm aroma becomes noticeably stronger. Add the sweet potato, carrots, lentils, tomatoes and stock. Stir well and bring to the boil. Reduce the heat and simmer for 25–30 minutes.

Listen:

The soup should be gently bubbling, not boiling vigorously.
Test a piece of sweet potato with a fork.

Feel:

When the fork slides through easily without resistance, the vegetables are cooked.
Stir in the spinach and cook for another 3–5 minutes.

Smell:

Notice how the earthy aroma of the spinach changes the sweeter smell of the cooked vegetables and spices.
Taste and season with salt, pepper, and a squeeze of lemon juice if desired.

Taste:

The finished soup should balance the sweetness of the vegetables, the warmth of the spices and the slight acidity of the tomatoes and lemon.

You don't always need to see when food is ready.

Listen for the gentle bubbling of the soup. Smell when the spices release their aroma. Feel when the sweet potato becomes tender. Taste to find the right balance of seasoning.

