



Association pour la santé environnementale du Québec  
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### Sweet Potato & Lentil Soup with Coconut Cream

Start the New Year with a bowl of comfort and nourishment crafted for mindful, wholesome living. This Sweet Potato & Lentil Soup with Coconut Cream blends the natural sweetness of root vegetables with the warming spices of turmeric and ginger, creating a soothing and flavorful meal. Made with clean, wholesome ingredients and free from common allergens, it's a perfect way to embrace fresh beginnings.





## Ingredients (Serves 4)

- 2 medium sweet potatoes, peeled and diced
- 1/2 cup red lentils, rinsed thoroughly
- 4 cups filtered water or homemade vegetable broth
- 1 small onion, finely diced (optional, or omit if sensitive)
- 2 cloves garlic, minced (optional)
- 1-inch piece of fresh ginger, grated
- 1/2 tsp ground turmeric
- 1/4 tsp ground cumin (optional, or omit if sensitive)
- 1/4 tsp Himalayan pink salt (or to taste)
- 1/2 cup coconut milk (use 100% pure coconut milk without additives)
- Fresh cilantro or parsley for garnish (optional)

## Instructions

### 1. Prepare the Base:

- In a large pot, add 1-2 tablespoons of water (or use a splash of coconut milk) and sauté the onion, garlic, and ginger over medium heat until fragrant. Skip this step if you're avoiding onions and garlic.

### 2. Cook the Soup:

- Add the sweet potatoes, red lentils, turmeric, cumin (if using), and water or vegetable broth to the pot.
- Bring to a boil, then reduce the heat to low. Simmer for 20-25 minutes, or until the sweet potatoes and lentils are soft.



### 3. **Blend the Soup:**

- Use an immersion blender to puree the soup directly in the pot for a smooth texture. Alternatively, transfer the soup to a blender in batches, being careful with the hot liquid.

### 4. **Finish with Coconut Milk:**

- Stir in the coconut milk to add creaminess and richness. Adjust the seasoning with salt to taste.

### 5. **Serve:**

- Ladle the soup into bowls and garnish with fresh cilantro or parsley, if desired. Serve warm with a side of crusty bread or crackers made from chemical-free ingredients.

### 6. **Store:**

- Leftovers can be stored in an airtight container in the fridge for up to 3 days or frozen for up to 3 months.

Enjoy this nourishing Sweet Potato & Lentil Soup as a delicious start to the year, bringing warmth, health, and simplicity to your table.