

Sweet Lentil Dahl

3.5 cups vegetable stock
1 ½ cup lentils (or sprouted lentils)
1 medium onion, thinly diced
1 medium sweet potato, peeled & thinly diced
1 medium potato, thinly diced
1 medium carrot, thinly diced
2 cloves garlic, grated
1.5 cups chopped fresh tomatoes or one 14.5 oz can diced tomatoes (not whole tomatoes)

2-3 tbsp coconut or olive oil
1 tbsp grated fresh ginger
3 tsp cumin seeds
2 tsp dried coriander
2 tsp curry powder
1 tsp turmeric
1/8 tsp cayenne



- In a large pot, bring the vegetable stock & lentils to a boil.
- Reduce heat & simmer, covered, until the lentils are tender, about 30 min.
- *If using sprouted lentils just put them in at the end to cook for 5 to 10 minutes when the vegetables are almost ready. You can buy sprouted lentils or sprout them yourself**.*
- Add the sweet potato, potato, carrot, garlic & tomato. Return to a boil. Reduce the heat & simmer, covered, until the potatoes are tender, about 15 minutes.
- While the soup is simmering, heat oil in a small pan. Add the spices & cook while stirring continuously until the seeds begin to pop, about 3 minutes. Stir the spice mixture into the soup & add salt to taste.

** To sprout your lentils:

1. First soak them overnight or around 8 hours in water then rinse and strain them well.
2. Leave them in the strainer to slightly dry for the next 36 hours while they sprout.
3. If they are too dry they will not sprout & if they are too damp they can grow a white fuzzy mold over the sprout so I find a strainer works perfectly.
4. The lentils will begin to sprout during the first 24 hours. You know they are ready for cooking once they grow small tails around 3mm in length.