

# Red Lentil Sweet Potato Soup



## Ingredients

- 2 tablespoons coconut oil or neutral oil
- 3 pounds sweet potatoes, peeled and chopped into 1-inch chunks
- 1 quart low-sodium vegetable broth
- 1 cup red lentils
- 1 teaspoon ground turmeric
- 1 teaspoon salt
- 1 (13- to 15-ounce) can coconut milk

## Info

- **Prep:** -
- **Cook:** -
- **Serves:** 6 servings / 2 quarts
- [Source](#)

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## Directions

1. Heat the oil in a large pot over medium heat until shimmering. Add the sweet potatoes and stir to combine. Cover and cook, stirring occasionally, for 10 minutes.
2. Add the broth, lentils, turmeric, and salt. Increase the heat to medium-high and bring to a boil, stirring occasionally.
3. Reduce the heat to low, cover, and simmer until sweet potatoes and lentils are tender, 20 to 25 minutes.
4. Stir in the coconut milk. Purée with an immersion blender or blender until smooth, allowing the soup to cool slightly first if using a traditional blender. Taste and season with salt as needed. Add a cup of water to thin if needed.

[stock](#), [coconut oil](#), [sweet potatoes](#), [lentils](#), [coconut milk](#), [coconut](#)

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