



Elliott Evans Nutrition, LLC
Prevent and Protect
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SWEET POTATO AND RED LENTIL BISQUE OPRAH.COM

- 1 pound sweet potatoes, peeled and roughly chopped
- 1 cup red lentils, picked over and rinsed
- ½ cup dried apricots, quartered
- ¼ cup chopped onion or shallots
- ¼ - ½ teaspoon Thai red chili paste
- 4 cups chicken or vegetable broth
- ¾ cup light coconut milk
- ½ teaspoon salt, plus more to taste
- ½ teaspoon ground black pepper
- Chopped cilantro (optional)
- 4 tablespoons pomegranate juice or seeds (optional)

- Place sweet potatoes, lentils, apricots, onion, chili paste, and broth in a large pot. Bring to a boil over high heat, reduce to low heat, cover, and simmer until lentils are falling apart, about 25 minutes. Let soup sit, uncovered, 10 minutes.
- Add coconut milk. Using a blender, puree soup until smooth, in batches if necessary. Stir in salt and pepper, and add more if desired.
- To serve: Divide pureed soup among bowls, and top each with cilantro and pomegranate juice or seeds.