

Camel Milk Recipes: Sweet Potato and Red Lentil Soup



Raw lunches just don't cut it sometimes. When you find yourself craving food to make you warm inside, be sure to turn to our sweet potato and red lentil soup.

In the healthiest way possible, our nourishing soup will excite your taste buds while satisfying your belly and warming your cockles. What more could you ask for?

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Sweet Potato and Red Lentil Soup



Serves 4



Prep 5 mins



Cook 15 mins

Ingredients

- 4 cups of vegetable stock
- 1 large onion
- 1 large sweet potato
- ½ cup red lentils
- 2 tablespoons olive oil
- 1 cup camel milk
- 1 ½ teaspoon coriander
- ½ teaspoon nutmeg
- 1 teaspoon cinnamon
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Instructions



1. Bring a medium-sized pan of water to boil and add in red lentils.
2. Peel, tail, and chop your large sweet potato into 1-inch pieces. Add these cubes to your medium-sized pan of water. Turn down to a simmer and cover. Cooking time depends on the size of your sweet potato chunks. Allow for 10-15 minutes for 1-inch pieces.
3. In the meantime, cut and dice your large onion into bite-sized chunks and fry in olive oil until softened and slightly browned.
4. Combine your cooked onion, and drained sweet potatoes and red lentils with your vegetable stock. Blend all 4 ingredients together by working through with a stick blender.
5. Mix through your full cup of camel milk with cinnamon, coriander, and nutmeg, then add this to your base ingredients and blending until reaching your desired consistency.
6. The best part - serve with an optional garnish of fresh coriander and enjoy!

Notes

Ingredient spotlight: Compared to white potatoes, bright-colored sweet

potatoes are low in starch and high in nutrients. A whole sweet potato contains over 70% of your daily recommended vitamin C intake and essential micronutrients like thiamine, potassium, and manganese. Boiling your sweet potatoes is the healthiest way of adding them into your diet. Boiling results in a low glycemic index (GI) of 44, whereas baking them leaves you with a very high GI of 94. Low GI meals are the best way of keeping you feeling fuller for longer.

The nutritional extras: Vegetarian, free from refined sugars, low in saturated fats.