

# Sweet Potato, Carrot, Apple, and Red Lentil Soup

This winter pureed soup will warm you up on the inside while still protecting the waistline.

**Prep:** 20 mins

**Servings:** 6

**Cook:** 50 mins

**Yield:** 6 servings

**Total:** 1 hr 10 mins

## Ingredients

- ¼ cup butter
- 2 large sweet potatoes, peeled and chopped
- 3 large carrots, peeled and chopped
- 1 apple, peeled, cored and chopped
- 1 onion, chopped
- ½ cup red lentils
- ½ teaspoon minced fresh ginger
- ½ teaspoon ground black pepper
- 1 teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon paprika
- 4 cups vegetable broth
- plain yogurt

## Directions

### Step 1

Melt the butter in a large, heavy bottomed pot over medium-high heat. Place the chopped sweet potatoes, carrots, apple, and onion in the pot. Stir and cook the apples and vegetables until the onions are translucent, about 10 minutes.

### Step 2

Stir the lentils, ginger, ground black pepper, salt, cumin, chili powder, paprika, and vegetable broth into the pot with the apple and vegetable mixture. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lentils and vegetables are soft, about 30 minutes.

### Step 3

Working in batches, pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.

### Step 4

Return the pureed soup to the cooking pot. Bring back to a simmer over medium-high heat, about 10 minutes. Add water as needed to thin the soup to your preferred consistency. Serve with yogurt for garnish.

## Cook's Note

This soup is also great served with crumbled feta cheese instead of yogurt as garnish.

## Nutrition Facts

### Per Serving:

322 calories; protein 9g 18% DV; carbohydrates 52.9g 17% DV; fat 9g 14% DV; cholesterol 21.6mg 7% DV; sodium 876.3mg 35% DV.