

SWEET POTATO, LENTIL AND APPLE SOUP

Apples give this recipe a tangy flavour, which enhances the sweet potato and lentil mixture. It is also mildly spicy, but the spices can be omitted.



Serves 4

Ingredients

- 2 medium onions, peeled and finely chopped
- 400g sweet potato, peeled weight, chopped
- 100g red lentils
- 2 small cooking apples, peeled, cored and chopped
- 1 litre stock, or 1 litre water and a stock cube
- 2 tsp cumin
- 2 tsp smoked paprika
- Ground black pepper
- Finely chopped parsley to garnish



Method

Put the soup ingredients in a pan, cover, bring to the boil and simmer for 20 minutes until the vegetables and lentils are tender. Cool a little, then liquidise.

Reheat to serve, and garnish with chopped parsley.