

One Pot Creamy Lentils, Kale & Sweet Potato

10 ingredients · 30 minutes · 3 servings



Directions

1. Heat the oil in a large pan over medium heat. Add the sweet potatoes and cook for two minutes.
2. Add the garlic powder and onion powder. Season with salt and pepper. Add the broth, cover, and simmer for 10 minutes, or until the potatoes are tender.
3. Add the kale, lentils, coconut milk, and lemon juice. Simmer for five to seven minutes or until thickened.
4. Divide evenly between plates or bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

Serve it With

Naan bread or pita chips.

Additional Toppings

Chili oil, cilantro, and/or green onions.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 1** Sweet Potato (medium, peeled and cubed)
- 1/2 tsp** Garlic Powder
- 1/2 tsp** Onion Powder
- Sea Salt & Black Pepper (to taste)
- 1 cup** Vegetable Broth
- 2 cups** Kale Leaves (chopped)
- 2 cups** Lentils (cooked)
- 1/2 cup** Canned Coconut Milk
- 1 tbsp** Lemon Juice

Nutrition

Amount per serving

Calories	353	Cholesterol	0mg
Fat	17g	Sodium	263mg
Carbs	39g	Vitamin A	7008IU
Fiber	12g	Vitamin C	18mg
Sugar	5g	Calcium	80mg
Protein	14g	Iron	5mg