

# CURRIED LENTIL SOUP

Serves 4

## INGREDIENTS

1 tsp ginger, minced (optional)  
2 carrots, chopped  
Salt and pepper  
2 sweet potatoes, diced  
2 yellow potatoes, diced  
1 ½ tbsp curry powder  
5-6 cups water  
1 cup green or brown lentils  
1 tsp sugar  
4 cups greens of choice, chopped

## DIRECTIONS

### Step 1

Add all ingredients to a large pot and bring to a boil. Turn down to simmer and cook until everything is soft, and soup thickens, around 30 minutes. Enjoy!

## SHOPPING LIST

Ginger

Carrots

Sweet potatoes

Yellow potatoes

Curry powder

Lentils

Greens of choice