

# “Creamy” Red Lentil, Sweet Potato, and Tomato Soup

From – *The Oz Family Cookbook*

2 Tbsp coconut oil  
1 large onion, chopped  
1 medium red bell pepper, ½” dice  
2 cloves garlic, minced  
2 Tbsp cumin seeds, toasted and ground  
1 pound (2 ½ cups) red lentils, rinsed and drained  
28 oz can crushed tomatoes  
salt and black pepper  
1 lb sweet potatoes, peeled and cut into ¾” cubes  
14oz can coconut milk

- Melt the oil in a large saucepan over medium heat. Add the onion, bell pepper, and garlic and cook, stirring occasionally, until the onion is tender but not browned, about 4 minutes. Add the cumin and stir well.
- Add 8 cups water with the lentils, 1 tsp salt, and ½ tsp pepper. Bring to a simmer. Stir in the sweet potatoes. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the lentils and sweet potatoes are tender, about 45 minutes. While the soup cooks, add hot water as needed to keep the sweet potatoes covered and prevent the soup from becoming too thick. During the last few minutes, stir in the coconut milk and heat it without boiling. Season to taste with salt and pepper.



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