Vegan Curried Red Lentil Soup
with Sweet Potatoes & Spinach

🕑 30-40min   🍴 2 Servings

Clean eating never tasted so good. Hearty lentils and tender sweet potatoes simmer in a tomato and coconut milk broth flavored with fragrant curry powder. Stir in some spinach, add a drizzle of oil, and this recipe is ready for the table before you know it. We've got you covered!
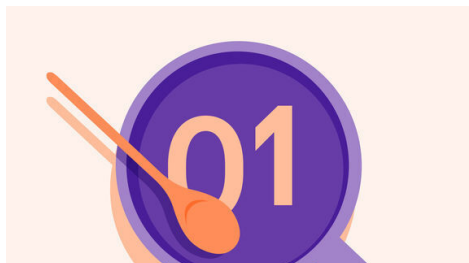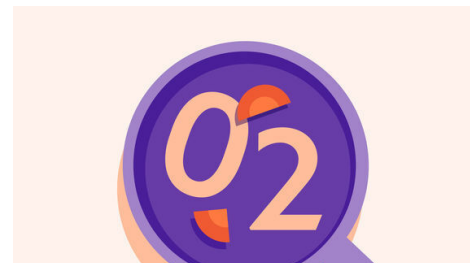
1. Prep ingedients

Peel **sweet potato**, if desired, then chop into ¾-inch cubes.

Finely chop **onion**.

Finely chop **1 teaspoon garlic** .

2. Start curry

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **sweet potatoes** and **a pinch of salt**; cook, stirring once or twice, until they begin to brown, 4–5 minutes. Add **onions**. Cook, stirring occasionally, until softened, 2–3 minutes. Add **chopped garlic** and **curry powder**; cook, stirring, until fragrant, 1–2 minutes.
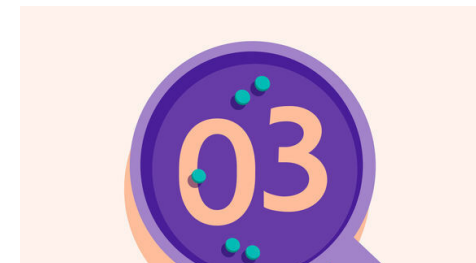
3. Simmer curry

Add **tomatoes**, breaking up with a spoon. Stir in **lentils, 1 cup coconut milk**, and **½ teaspoon each of salt and sugar**; bring to a simmer. Cover and reduce heat to medium-low. Simmer, stirring often to prevent sticking, until **sweet potatoes** are just tender but not falling apart, 15–20 minutes.
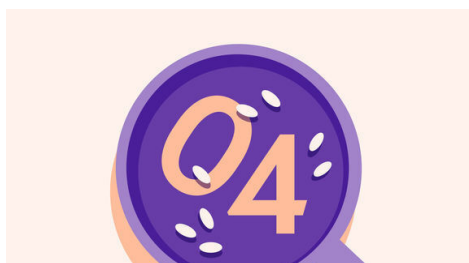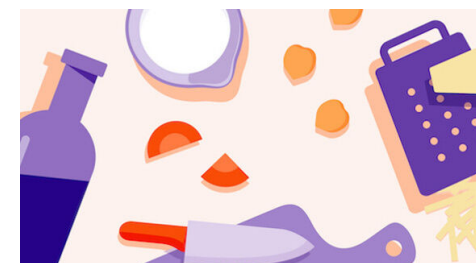
4. Finish & serve

Stir in **spinach** until just wilted. Season to taste with **salt, sugar,** and **pepper**.

Serve **lentil soup** drizzled with **oil**, as desired. Enjoy!

5. ...

What were you expecting, more steps?

6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!