

Lentil Soup (Dr. Oz's Quick Version)

Leslie Warmke, MG

- 2 Tbs. olive oil
- 1 large can of lentils, drained and rinsed
- 1 sweet potato, peeled and diced
- 1 onion chopped
- 1 inch piece ginger peeled and chopped
- 3 or 4 cloves garlic, chopped
- 5 cups kale, chopped
- 1 Tbs. curry powder
- 1 tsp. sea salt
- 1 tsp. cinnamon
- 2 Tbs. tomato paste
- 6 cups vegetable stock



1. Heat oil in a large pan. Toss in the sweet potato, garlic and onion. Cook until soft.
2. Stir in the curry powder, cinnamon, sea salt and cook for a few more minutes.
3. Next add the lentils, stock, tomato paste and crushed tomatoes.
4. Simmer for 30 minutes. Remove from heat and serve.

This soup may also be puréed if you prefer.