

Spicy Lentils with Sweet Potatoes and Kale

Adapted from: Jenna Weber (*Eat Live Run*)

Prep time: 15 minutes

Cook time: 30 minutes

Total time: 45 minutes

Serves: 2-3



Ingredients

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| ½ cup green lentils | 2 sprigs fresh rosemary |
| ½ large carrot, peeled and small diced | 1 Serrano pepper |
| ¼ cup small diced onion | salt to taste |
| 1 tsp. garlic, | 1 sweet potato, peeled and chopped into small ¼-½ inch cubes |
| 1 stalk celery, small diced | 2 tsp. cooking oil |
| 1 bunch lacinato kale, chopped | 2 cups chicken or vegetable stock |
| 1 bay leaf | |

Instructions

1. Heat the oil in a medium sized pot. Once hot, add the onion, celery, carrot and sweet potato and cook for about six minutes, until softened. Add the garlic and kale and continue cooking until kale wilts.
2. Add the lentils, bay leaf, rosemary sprigs, Serrano pepper and stock. Bring to a boil, then reduce heat and simmer for about 30 minutes until lentils are tender and have absorbed most of the liquid.
3. Season with salt to taste and remove the bay leaf, chile pepper and rosemary sprigs before serving. Serve with crusty bread (optional).