

Chef Spotlight

Celebrating Foods of the World



Sweet Potato, Lentil, Wild Rice and Kale Soup

INGREDIENTS

MAKES 16 SERVINGS

6 cups water
8 ounces Indian Harvest Grade A Wild Rice
1/3 cup Extra-virgin olive oil, divided
2 pounds sweet potato, peeled and cubed
1 cup onion, chopped
1 tablespoon garlic, chopped
4 quarts chicken or vegetable stock, divided
8 ounces Indian Harvest Crimson Lentils
4 ounces kale, stems removed, chopped
into 1-inch pieces
Salt and pepper, to taste

PREPARATION

Bring water to a boil. Stir in wild rice.

Reduce heat to simmer, cover and cook for 45 minutes. Drain excess water and reserve the wild rice.

In a large stockpot, heat 3 tablespoons olive oil. Add diced sweet potato and sauté for 5 minutes, stirring occasionally. Stir in the onion and garlic; sauté for an additional 5 minutes, stirring occasionally.

Add 1 quart stock, cover and simmer until the sweet potato is cooked through.

Whisk the sweet potato, onion and garlic mixture to a smooth consistency.

Add the remaining stock and Crimson Lentils and simmer until the lentils are dissolving (about 20 minutes). Whisk until the lentils have thickened the soup.

In a separate pot, heat the remaining olive oil and stir in the chopped kale. Sauté for 2 minutes. Add to the soup along with the cooked wild rice.

Adjust flavor with salt and pepper before serving. Garnish with croutons if desired.

Recipe and Photo Courtesy of:



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