

PERFORMANCE NUTRITION



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Red Lentil Sweet Potato Soup


Makes 4 Servings


Ingredients


- 2 cups sweet potato, diced
- 56 mL canned, diced tomatoes, with juice
- 1 cup dry red lentils
- 1/4 cup chopped cilantro stems, saving leaves for garnish (and other meals)
- 1 jalapeño pepper, seeded and finely chopped (or 1 tsp red pepper flakes)
- 1 tbsp grated fresh ginger (1/4 tsp ground ginger)
- 2 cups chicken or vegetable stock or water
- 1/4 cup peanut butter

Recipe adapted from SaskPulse Lentil Magazine, Jan 2014

Instructions

1  Combine all the ingredients (except the cilantro leaves) into a large pot. Bring to a boil, cover, reduce heat and let simmer 30 to 60 minutes.

2  Puree, some or all of soup with a hand-held immersion blender or by using a counter-top blender.

3  Serve hot, topped with fresh cilantro.

Performance Perks

Protein



Nut butter and lentils are a good veggie-based source of protein to build your body and keep your muscles strong!

Fibre



Sweet potatoes are high in fibre - to keep you satisfied, and boost your digestive health!

Antioxidants



Tomatoes are rich in antioxidants (vitamins C & A) to help support your immune system!

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