



## Daal & Sweet Potato Casserole

6 servings

40 minutes

### Ingredients

5 Sweet Potato (medium, peeled, cubed)  
15 milliliters Extra Virgin Olive Oil  
1 White Onion (medium, chopped)  
2 Carrot (medium, diced)  
6 grams Ginger (grated or minced)  
2 Garlic (cloves, minced)  
6 grams Curry Powder  
16 grams Tomato Paste  
713 milliliters Vegetable Broth (or water)  
208 grams Dry Red Lentils (rinsed)  
16 grams Cilantro (chopped, plus more for garnish)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Bring a pot of water to a boil and cook the sweet potatoes for 15 minutes, or until tender. Drain and set aside.
- 2 Meanwhile, heat the oil in a large pan over medium-high heat. Cook the onion, carrots, ginger, and garlic for about five minutes. Stir in the curry powder and tomato paste, and cook for another minute.
- 3 Add the vegetable broth and red lentils. Bring to a simmer, cover and cook for 20 minutes, or until the carrots and lentils are tender. Stir in the cilantro and transfer to a large oven-safe dish.
- 4 Mash the sweet potatoes with salt and pepper and spread evenly over the lentils. Broil for five to 10 minutes, or until just browned (optional). Scoop into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately two cups. A 9- by 13-inch baking dish was used to make six servings.

**Additional Toppings:** Add chili peppers, peas, beans, or cauliflower to the lentils. Add any milk, yogurt, or cream to the mashed sweet potatoes.