



Smoky Lentils & Roasted Vegetables

22 servings

35 minutes

Ingredients

22 Sweet Potato (small, cubed and peeled)
2 3/4 heads Cauliflower (small, cut into florets)
165 milliliters Coconut Aminos
4.6 liters Vegetable Broth
5 1/2 Yellow Onion (chopped)
22 Garlic (cloves, minced)
51 grams Smoked Paprika
12 grams Cumin
33 grams Sea Salt
1.1 kilograms Dry Green Lentils (rinsed)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and cauliflower to a large bowl. Add the coconut aminos and toss to coat the vegetables. Transfer to the baking sheet and bake for about 30 minutes, stirring halfway through. Season the roasted vegetables with salt, if needed.
- 3 Meanwhile, add a splash of the broth to a pot over medium heat along with the onions and garlic. Bring to a gentle boil and cook until the onions have softened, about 3 to 5 minutes.
- 4 Add the smoked paprika, cumin, and salt to the onion mixture and stir to combine. Cook for another minute. Stir in the lentils and the remaining vegetable broth and let the lentils simmer covered with a lid for about 20 minutes or until tender and the liquid has absorbed. If the lentils are not cooked through add a little more broth and continue to cook for a few more minutes. Season with additional salt, if needed.
- 5 To serve, divide the lentils between bowls and top with the roasted sweet potato and cauliflower. Enjoy!

Notes

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

More Flavor: Add chili powder, chipotle chili powder, red pepper flakes, or cayenne pepper for spicier lentils.

Additional Toppings: Fresh herbs like cilantro.

More Veggies: Serve with fresh or wilted greens like spinach.

No Cauliflower: Use broccoli instead.

No Sweet Potato: Use squash instead.