



Yam & Red Lentil Soup with Wild Rice & Kale

Yield: 6-8 oz. portions

½ c.	Wild Rice, raw
2 c.	Water
1 ½ T.	Olive Oil
1 each	Sweet Onion, chopped
1 T.	Garlic, chopped
1 ½ lb.	Yams, peeled, cubed
1 T.	Curry Powder (optional)
1 t.	Cinnamon (optional)
1 t.	Ground Ginger (optional)
6 c.	Vegetable Stock
½ c.	Red Lentils
2 c.	Kale, roughly chopped

1. Bring water to a boil. Stir in rice. Reduce heat, cover and simmer for 45 minutes.
2. Drain excess water and reserve the rice.
3. Saute onions in oil over medium heat until softened.
4. Add garlic and yams and saute for three minutes. Add spices if using.
5. Add 3 cups stock and bring to a boil. Simmer until yams are very tender.
6. Puree with stick blender or puree and return to pot.
7. Add remaining stock and lentils. Simmer approximately 20 minutes until lentils are dissolving. Whisk the lentils to thicken soup.
8. In separate pan, heat some olive oil and stir in chopped kale. Saute until wilted.
9. Add kale and rice to soup.
10. Add salt and pepper to taste.