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NIBLACK
FOODS



Thai Sweet Potato, Carrot and Lentil

Ingredients:

2 large sweet potato, peeled and diced medium
3 carrots, peeled and diced medium
4 cups low/no sodium vegetable or chicken stock/base
2 tbsp Saica Extra Virgin Olive Oil
3 tbsp Niblack Foods Thai Seasoning
2 tbsp dried chives
1 tbsp minced garlic
1/4 tsp of red pepper flakes or to taste
2 cup lentils, red or yellow
Optional 1 cup diced tomatoes
Garnish with Spriana Gourmet Sea Salt, Thai Ginger, Garlic and fresh Cilantro

Directions:

1. Bring 2 cups of vegetable stock to a boil, add in carrots and sweet potato and let simmer until tender.
2. Once vegetables are tender let cool before adding mixture to a food processor (you may need to work in batches), puree until mixture is creamy and smooth
3. In a sauce pan heat olive oil, add all dried seasonings and mix. Add vegetable puree, remaining 1 cup of vegetable stock, diced tomatoes and bring to a boil then let simmer for 30 minutes until lentils are done.
4. Serve in bowls and garnish with Sea Salts and Fresh Cilantro

Enjoy, Meg
"Meg at the Market"
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