



Sweet Potato & Crimson Lentil Soup with Wild Rice & Kale

Yield: 1 gallon

<u>Ingredient</u>	<u>Amount</u>
Water	6 c.
Indian Harvest Grade A Wild Rice	8 oz.
Extra-virgin olive oil, divided	1/3 c.
Sweet potato, peeled and cubed	2 lbs.
Onion, chopped	1 c.
Garlic, chopped	1 T.
Chicken or vegetable stock, divided	4 qts.
Indian Harvest Crimson Lentils	8 oz.
Kale, stems removed, chopped into 1-inch pieces	4 oz.
Salt and pepper	To taste

Method:

1. Bring water to a boil. Stir in wild rice.
2. Reduce heat to simmer, cover and cook for 45 minutes. Drain excess water and reserve the wild rice.
3. In a large stockpot, heat 3 T. olive oil. Add diced sweet potato and sauté for 5 minutes, stirring occasionally.
4. Stir in the onion and garlic; sauté for an additional 5 minutes, stirring occasionally.
5. Add 1 qt. stock, cover and simmer until the sweet potato is cooked through.
6. Whisk the sweet potato, onion and garlic mixture to a smooth consistency.
7. Add the remaining stock and Crimson Lentils and simmer until the lentils are dissolving (about 20 minutes). Whisk until the lentils have thickened the soup.
8. In a separate pot, heat the remaining olive oil and stir in the chopped kale. Sauté for 2 minutes. Add to the soup along with the cooked wild rice.
9. Adjust flavor with salt and pepper before serving. Garnish with croutons if desired.

Premium selections for signature menus.