

Smoky Lentils & Roasted Vegetables

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (small, cubed and peeled)
1/4 head Cauliflower (small, cut into florets)
1 tbsp Coconut Aminos
1 3/4 cups Vegetable Broth
1/2 Yellow Onion (chopped)
2 Garlic (cloves, minced)
2 tsp Smoked Paprika
1/2 tsp Cumin
1/2 tsp Sea Salt
1/2 cup Dry Green Lentils (rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	340	Carbs	69g
Fat	1g	Protein	17g

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 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.
- 03 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.
- 04 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.
- 05 To serve, divide the lentils between bowls and top with the roasted sweet potato and cauliflower. Enjoy!