Curried Lentil and Sweet Potato Stew

(Serves 4)

**Ingredients:**
- 2 Tb. olive oil
- ½ cup mirepoix, small dice (2 parts onion, 1 part carrot, 1 part celery)
- 1 clove garlic, sliced thin
- 2 tsp. curry powder
- 1.5 cups lentils, brown
- 1 lb. sweet potato, peeled, small dice
- 1 quart water or vegetable broth
- 2 tsp. kosher salt, or to taste
- 1 Tb. chopped cilantro
- 4 tsp. unsweetened yogurt, unflavored
- 4 servings of your favorite rice pilaf or brown rice recipe

**Equipment needed:**
- 1 Cutting board
- Chef's knife
- (1) 2 quart sauce pot
- 1 spoon for stirring
- 1 peeler
- 1 measuring cup
- Measuring spoons
Instructions:
1. Preheat a 2 quart sauce pot on medium heat on the range. Add the olive oil and mirepoix and slowly sweat until softened. Adjust the heat lower if you notice the mirepoix burning. Add the garlic after mirepoix is soft and cook for about a minute or two.
2. Add the curry powder and cook for another minute. Add the sweet potato, lentils, water or vegetable broth and salt and bring to a simmer.
3. Simmer the stew for about 25 to 35 minutes or until tender (or the texture you prefer). Taste the lentils for seasoning and add the cilantro and stir.
4. Garnish with yogurt. Serve with rice if you prefer. Enjoy!