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oil free gluten free nut free

Sweet Potato–Lentil Comfort Stew

Stew and the word comfort just go together, don't they? I love stews because, if done right, they should have nice big chunks of veggies that are beautifully coated with a well-flavored broth. This stew has protein-packed lentils, carb-rich sweet potatoes, and a dreamy red wine broth.

Prep: 15 minutes

cook: 40 minutes

Yields: 5 servings

- 1 1/2 cups packed (240g) diced white onion
- 1 1/2 tablespoons (23g) minced garlic
- 4 3/4 cups (1,140g) low-sodium vegetable broth, separated
- 3/4 cup (180g) Cabernet Sauvignon or Merlot
- 1 1/2 cups (300g) dry green lentils
- 3 heaping cups (393g) peeled, chopped sweet potatoes (about 1-inch chunks)
- 1 cup (240g) tomato sauce
- 2 tablespoons (7g) [Italian seasoning](#)
- 2 teaspoons (12g) fine salt
- 1 teaspoon (3g) ground black pepper

1. Add the onion, garlic, and 3/4 cup of the broth to a large pot over medium heat. Bring to a simmer, and cook for 5 minutes or until softened. Add the wine, and cook for 3 to 5 minutes. Add the remaining 4 cups broth and the lentils, bring to a high boil, reduce the heat to low, and simmer for 10 minutes. This is to kick-start the softening process for the lentils before adding the tomato sauce, which can slow down the cooking of the lentils.

2. Add the sweet potatoes, tomato sauce, Italian seasoning, salt, and pepper, and stir well. Bring to a high boil, cover, reduce the heat to low, and simmer for 15 to 20 minutes or until the

lentils and sweet potatoes are tender but not mushy. Lentils can vary greatly on how fast or slow they cook, so they may take longer than 20 minutes.



Nutrition per serving: 284 calories | 0.3g fat | 14.7g protein | 53g carbs | 10.4g fiber | 11.7g sugar | 1,337mg sodium

Note: For the Italian seasoning, make sure it is one without any added salt or red pepper flakes. If you cannot find this, sub with 1 tablespoon (2g) dried oregano, 1 teaspoon dried thyme, 1 teaspoon dried basil, and 1 teaspoon dried rosemary.

