



Sweet Potato Lentil Pie

Ingredients

- 3 large sweet potatoes
- 1 onion, chopped
- 2 cloves garlic, minced
- 1.5 cups uncooked lentils
- 4 cup vegetable stock
- 1 bag of frozen mixed veggies

Directions:

1. Preheat oven to 425 F; Line a baking dish with parchment
2. Boil sweet potatoes for about 20 min; Mash with a fork
3. Cook garlic and onions in a pot over low heat for 5 min; Season with salt and pepper; Add lentils, broth, and thyme; Mix to combine and bring to a low boil; Reduce to a simmer and cook until lentils are soft, about 20 min
4. Add frozen veggies; Cook for an additional 10 min; Drain excess liquid; Transfer mixture to baking dish; Top with mashed sweet potatoes
5. Bake for 20 minutes; Enjoy!

Equipment

- Baking dish
- Large pot



Cost: \$ \$

Ease: 

Health Benefit: Sweet potatoes contain vitamin A for eye health and fiber for bowel health. Lentils are a great source of plant-based protein for strong bones.

Fare  Meals
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