



Lentil and Sweet Potato Soup



By Riyam Kafri AbuLaban

W

we are a fusion of our experiences, the places we've lived and the cuisines we've been exposed to. I often imagine myself like a jigsaw puzzle with a piece from every place, every experience, every celebration, and every loss. This recipe brings together my Palestinian lentil-soup inner child, with my Southern sweet-potato-loving adult. The discovery of the sweet potato came late in my life, when I was

living in Tennessee where I attended graduate school. The merging of both flavors only came to be when I was searching for a cross between the density of lentil soup and the sweetness of potato, and I add ginger to give your tastebuds a sharp bite with each mouthful.

Ingredients

3 medium-to-large sweet potatoes, cubed
 2 medium-to-large regular potatoes, cubed
 1 large onion, chopped
 2 cups lentils
 A piece of ginger (2 inches long)
 1 chicken-bouillon cube in 2 liters of boiled water (or 2 liters of chicken broth)
 1 tbsp butter
 Salt to taste

Method

1. Melt the butter in a saucepan.
2. Add the chopped onions and sauté until they become clear.
3. Add the sweet and regular cubed potatoes and sprinkle with salt.
4. Stir the mixture a bit, then lower the heat and cover the pot for a few minutes to allow the potatoes to steam cook and become tender.
5. Add the washed lentils and stir.
6. Add the water and chicken bouillon, bring to a roaring boil, then let simmer until everything is cooked (around 30 minutes).
7. Turn off the heat, allow the soup to cool, then purée using a blender.
8. Pour the puréed soup into a pot; grate the ginger into the soup.
9. Heat before serving.
10. Serve with lemons and a dash of ground cumin.

On weekends, Riyam Kafri AbuLaban's kitchen smells of za'atar, cinnamon, lemon, and honey. She writes her own food story on www.riyamoskitchentable.com and can be found on Instagram @riyamoskitchentable.

