

Curried Sweet Potato and Red Lentil Soup

A warming, fiber-rich soup that combines sweet potatoes and protein-packed lentils for steady energy and balanced blood sugar throughout your day.

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 6

GL 20.6 / GI 30

Ingredients

- Toasted to enhance flavor and potential metabolic benefits

medium curry powder
- Healthy fat that slows glucose absorption

olive oil
- Low GI vegetable, grated for quick cooking

onions, grated
- Provides natural sweetness with fiber intact

eating apple, peeled, cored and grated
- May help improve insulin sensitivity

garlic cloves, crushed
- Aromatic base, stalks add depth

fresh coriander stalks, chopped
- Shown to support healthy blood sugar levels

fresh root ginger, grated
- Moderate GI, high in fiber and nutrients

sweet potatoes, peeled and grated
- Low-sodium to control blood pressure

low-sodium vegetable stock
- Low GI protein and fiber source, slows digestion

red lentils
- Adds creaminess and protein

milk
- Vitamin C may support glucose metabolism

fresh lime juice

Instructions

Step 1

Place a large soup pot over medium heat and add the curry powder directly to the dry pan. Toast the spices for about 2 minutes, stirring frequently, until fragrant and slightly darkened. This step releases essential oils and deepens the flavor profile.

Step 2

Pour the olive oil into the toasted spices and stir immediately as they sizzle. The oil will help distribute the curry flavor throughout the soup and provides healthy fats that slow glucose absorption.

Step 3

Add the grated onions, grated apple, crushed garlic, chopped coriander stalks, and grated ginger to the pot. Season with a pinch of salt and pepper. Cook gently over medium-low heat for 5 minutes, stirring occasionally, until the vegetables soften and become aromatic.

Step 4

While the aromatics cook, peel the sweet potatoes and grate them using the large holes of a box grater. Grating rather than cubing reduces cooking time and creates a smoother final texture.

Step 5

Add the grated sweet potatoes to the pot along with the vegetable stock, red lentils, and milk. Stir well to combine all ingredients. The lentils will cook directly in the soup, releasing starches that naturally thicken the broth.

Step 6

Bring the mixture to a gentle simmer, then reduce heat to maintain a steady, gentle bubble. Cover the pot and cook for 20 minutes, stirring occasionally, until the sweet potatoes are completely tender and the lentils have broken down.

Step 7

Remove the pot from heat and use an immersion blender to puree the soup until completely smooth and creamy. If you don't have an immersion blender, carefully transfer the soup in batches to a countertop blender, being cautious with the hot liquid.

Step 8

Stir in the fresh lime juice, which brightens the flavors and adds a pleasant acidity. Taste and adjust seasoning with additional salt and pepper if needed. Serve hot, garnished with roughly chopped fresh coriander leaves. For optimal blood sugar control, pair with a protein source or enjoy after eating a small salad.