



Lentil Sweet Potato Miso Soup

(‘Most Alkaline’ Column)

Image from: Kalynskitchen.com

Ingredients

1 cup dried (red) lentils, rinsed
4 cups of filtered water
1 sweet potato, peeled and chopped
1 yellow onion, chopped
1 Tbsp. Miso
Sea salt (to taste)
1 sheet Nori seaweed, julienned for garnish
Lime, sectioned to squeeze over serving (optional)

Preparation

Place lentils in a large sauce pan and cover with approx. ½ cup of water. Bring to a simmer over medium heat and cook, uncovered, until lentils are tender, about 25 minutes. (Add extra water if needed so as not to burn).

Stir in rest of water.

In separate bowl, dilute Miso w some of the warm broth, then add mixture to lentils.

Add chopped sweet potato, onion, and sea salt to taste.

Cover and simmer until vegetables are soft.