

## Moroccan Sweet Potato Lentil Stew

*Delicious and hearty stew, perfect to curl up with on a cold winter's night.*

### Ingredients

- 1 large onion
- 1 bell pepper
- 2 celery stalks
- 1 zucchini
- 1 yellow squash
- 3 sweet potatoes
- 1 cup brown or green lentils
- 28 oz can crushed tomatoes
- 24 oz (3 cups) vegetable broth (or water)
- 2 Tbsp minced garlic
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- 2 tsp Ras el Hanout
- 1 tsp cumin
- ½ tsp coriander
- ½ tsp black pepper
- ¼ cup peanut butter
- 1 Tbsp maple syrup
- 1 tsp minced ginger
- ½ cup cilantro, chopped
- ½ lemon, juiced
- 3-4 cups chopped kale (stems removed)



### Instant Pot Instructions

1. Chop all of the vegetables and sweet potatoes.
2. Using sauté feature, sauté onions, bell peppers, and celery until cooked, about 7-10 minutes.
3. Add garlic, sweet potatoes, zucchini, squash, lentils, crushed tomatoes, and broth or water.
4. Attach lid. Manual high for 10 minutes.
5. Allow to natural release for 15 minutes.
6. Remove lid.
7. Add all of the remaining ingredients and stir just to combine.

### Stovetop Instructions

1. Chop all of the vegetables and sweet potatoes.
2. Using a large pot over medium heat, sauté onions, bell peppers, and celery until onion is translucent.
3. Add garlic, sweet potatoes, zucchini, squash, lentils, crushed tomatoes, and broth or water.
4. Cover and simmer until lentils are tender, about 30 minutes.
5. Add remaining ingredients and stir just to combine.

Adapted loosely from [Peanut Butter & Tomato Soup](#) and [Lentil Spinach Curry Soup](#).