

## The wonderful chronicles of legumes: Lentils with sweet potatoes

There might be a million recipes for stewed lentils out there in the world, but I think I've found something special with this one. I feel like most recipes fall onto a traditional flavor profile based upon the all-encompassing "curry powder". This is the kind of dish that gets better as the week goes on, after multiple re-heats. I recommend doubling this recipe and having leftovers for the week!

The recipe balances sweet and savory, and optionally spicy (depending on your level of sambal). Sambal is a traditionally Indonesian spice paste made of fried red chilies, among other things- most stores should stock something, but any chili-garlic paste could be used to substitute. Multiple types of lentils ensure a thick stew texture, but you can easily add some vegetable or chicken stock (or even water!) to thin this out into a soup to serve with bread. You could also easily stir in some cooked spinach or other greens if so desired!

### Stewed Lentils with sweet potatoes; Jan 2021 edition

3 tbsp peanut oil

1 medium red onion

2 tbsp Smbal Badjak (add a 3<sup>rd</sup> if you like spice)

1 tbsp brown mustard seed

1 tbsp ground turmeric

2 in piece of cinnamon bark

2 bay leaves or kaffir lime leaves if you have access

4-5 garlic cloves, roughly chopped

2 medium sweet potatoes, rinsed and scrubbed to remove dirt, cut into 1 in cubes

1 14oz. can crushed tomatoes

1/2 cup red lentils

1/2 cup green or brown lentils

Water or stock

Chopped cilantro, or sour grass (forgeable in California!) to garnish

Heat the oil in a large Dutch oven or large pot over medium heat. Add in the chopped onion and a pinch of salt and cook for 5 minutes until translucent. Add in the sambal badjak, mustard seed, and turmeric, cinnamon bark, chopped garlic and cook for another 2-3 minutes, until the spices are slightly fragrant. Add in the sweet potatoes and another tbs of salt and mix thoroughly to coat the sweet potatoes with the contents of the pan. Cook for 5-6 minutes, stirring occasionally. Add in the crushed tomatoes, both lentils, bay leaves, and water or stock to cover by about 2 inches. Bring to a boil and then lower to a simmer and allow to cook for 30-40 minutes, until the green lentils and sweet potatoes are both tender. The red lentils should be disintegrated. Serve with some chopped cilantro or any tangy fresh herb/greens- Voila!