

Food for Mood

Sweet Potato, Lentil, Apple, and Pancetta Soup

Serves 3-4

Ingredients

- 1 packet pancetta or bacon (can be replaced with vegan bacon)
- 1 tbsp of olive oil
- 1 large, chopped onion
- 2 apples, peeled, seeded, and cut into cubes
- 1/2 tsp sea salt
- 1 tsp dried thyme
- 1 cup of red lentils
- 800g/1kg Roasted sweet potato
- 2 litres bone broth (preferably chicken bone broth but can also be replaced with vegetable broth. You can also use bouillon).
- 2 tsp apple cider vinegar
- Scallions for garnish



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Method

- Set the oven to 180 degrees. Peel the sweet potato and chop into small chunks.
- Prepare a baking tray covered with baking paper. Place the chopped potato on top and drizzle with a small amount of olive oil to cover all the potatoes. Add salt and pepper and put in the oven for 15mins.
- In a soup pot over medium heat, sauté pancetta with a small amount of olive oil until very crisp. Do not allow the pancetta to burn. Remove from the pot with a slotted spoon to a paper towel-lined plate.



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Method contd.

- Quickly add onions to the remaining pancetta oil. Sauté until translucent. Add apples, salt and thyme. Sauté for a minute, or two. Add red lentils, giving it a good mix. Add bone broth and vinegar. Cook for a further 10mins. Now add in the roasted sweet potato to the pan and cook for another 5-10 mins.
- Purée ½ the batch of soup in a blender until smooth. Keeping the other half whole in the pan to add texture to the soup. Return blended soup to the pot and stir together.
- Garnish with pancetta pieces and scallions.



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