

Lentil Soup With Chard

(from Cooking Light, October 2004)

1 $\frac{3}{4}$ c. dried brown lentils
2 quarts water
1 c. chopped carrot
1 $\frac{3}{4}$ tsp. sea salt
Dash of dried thyme
2 garlic cloves, crushed
2 parsley sprigs
2 bayleaves
2 tbsp. butter
3 c. chopped onion
1 tsp. ground cumin
6 c. torn Swiss chard (could use spinach, turnip greens or mustard greens as well)
1 tbsp. fresh lemon juice
 $\frac{1}{2}$ tsp. freshly ground black pepper
6 tbsp. plain whole yogurt

1. Sort and wash lentils. Combine lentils, water and next 6 ingredients in large Dutch oven (or big pot); bring to a boil. Cover, reduce heat, and simmer 45 minutes or until tender.
2. Melt butter in large skillet over med-high heat. Add onion and cumin. Saute 10 minutes or until browned. Stir onion mixture into lentil mixture. Discard bay leaves and parsley. Add chard to soup. Simmer, uncovered, 10 minutes or until chard is tender. Remove soup from heat. Stir in juice and pepper. Ladle 1 $\frac{1}{3}$ cups soup into each of 6 bowls; top each with 1 tbsp. yogurt.