Swiss Chard and Lentil Soup

Ingredients
- 1 Tbsp olive oil
- 1 each onion, chopped
- 2/3 cup swiss chard stalks, chopped
- 1 each red bell pepper, seeded and chopped
- 1/3 cup celery, chopped
- 1 tsp each of salt, pepper, cumin, garam masala
- 1 clove garlic, minced
- 2 cups chicken broth, low-sodium
- 3 cups water
- 1 can, 14.5 oz diced tomatoes
- 1 cup green lentils
- 2 cups swiss chard leaves, de-stalked and chopped

Equipment Needed
- 1 chef’s knife, ladle, wooden spoon
- Large cooking pot
- Measuring spoons
- Measuring cup

Directions
- Place oil in large pot on medium heat
- Add onions and chard stems and cook until they start to caramelize
- Add bell pepper and celery, sauté until tender
- Add garlic and sauté for 1 minute
- Add water, chicken stock, tomatoes, and lentils, and bring to a boil
- Reduce to a simmer and cook 20 minutes
- Add chard leaves, cook 5 more minutes

Helpful Tips
- To reduce cooking time, you can substitute green lentils for red; they cook much faster than green.
- When serving, cilantro goes well with this soup as a garnish.

Nutrition Information Available Upon Request
www.nourishprogram.org