



Mediterranean Red Lentil & Swiss Chard Soup

Prep: 15 minutes

Cook: 20 minutes • Serves: 8

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 large carrot, diced
- ½ medium onion, diced
- 1 cup rinsed and drained red lentils
- ¾ teaspoon ground cumin
- 1 container (32 ounces) less-sodium chicken or vegetable broth
- 1 cup diced fresh or drained canned diced tomatoes
- 1 cup water
- 1 sprig fresh thyme
- 1 cup packed sliced Swiss chard leaves (veins removed)
- 2 teaspoons fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon fresh ground black pepper
- Chopped fresh parsley for garnish (optional)

1. In large saucepot, heat oil over medium heat. Add garlic, carrot and onion; cover and cook 5 minutes or until vegetables are almost tender, stirring occasionally. Stir in lentils and cumin; cook 1 minute, stirring occasionally.

2. Stir in broth, tomatoes and water; heat to a simmer. Reduce heat to medium-low; add thyme. Cook 10 minutes or until lentils are tender, stirring occasionally. Stir in chard, lemon juice, salt and pepper. Serve garnished with parsley, if desired. Makes about 8 cups.

Approximate nutritional values per serving:

*119 Calories, 2g Fat (0g Saturated), 0mg Cholesterol,
440mg Sodium, 17g Carbohydrates, 4g Fiber, 9g Protein*

Dietitian's Dish

> Add some beans to your favorite soups. They're a low-fat source of protein and fiber, full of powerhouse nutrients like iron, potassium and folate. Legume plants promote sustainable agriculture – helping decrease greenhouse gases, increasing soil health, and using less water than other types of crops.