Soup

Lentil and Swiss Chard Soup
Vegan, Gluten-Free

Not only is this recipe nutritious, it is very delicious! It is a soup that is bursting with flavor. The onions and the lemon juice marry well with the greens and lentils.

You'll Need

- 1 cup lentils
- 1 1/2 quarts water (more if needed)
- 1 large potato, diced
- 1/2 bunch Swiss chard or kale
- 1 medium onion, coarsely chopped
- Salt and pepper to taste
- 3 tablespoons olive oil
- Lemon wedges or lemon juice

Directions

- Add water to pot. Wash lentils and add to pot. Bring to a boil, then lower to simmer and cover and cook until almost tender (approximately 12 minutes).
- Add diced potato; boil for 10 minutes. Add more water as needed. Add Swiss chard or kale.
- Meanwhile, sauté onions with salt and pepper in oil until golden brown.
- Add to lentil mixture and cook until all vegetables are done, no more than 10 minutes.
- Adjust seasonings.
- Serve with lemon wedges or add some lemon juice to your liking to the pot or to each bowl.

Play with Your Food

- Serve with a nice piece of crusty bread
- Try it with collard green or spinach

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