

Swiss Chard and Lentil Soup with Mediterranean Spices

1 bunch Swiss chard
2-3 Roma tomatoes, preferable fresh but canned will do, chopped
1 med yellow onion, chopped
1 carrot
2 large cloves garlic, minced
1 c water, or if using canned tomatoes, 1 C tomato juice
2 T olive oil
1/8 t saffron threads
2 t sweet paprika
¼ t coriander
¼ t cumin
Pinch ground cloves
1 qt chicken broth (Swansons fat free low sodium is fine)
1 C lentils, rinsed and picked over
½ t salt
1 lemon

Trim the stems from the chard and chop the same size as the onion. Julienne the leaves and set aside. Peel and chop carrots the same size as the onion. Heat olive oil over medium heat in a deep pot. Saute onions, garlic and carrot for about 5 minutes until softened, add the chopped chard stems, sauté a few minutes longer. Add tomatoes, water/juice, crumble saffron, paprika, coriander, cumin and cloves, stir to incorporate. Cook for 2 minutes then add the lentils.

Add the stock and increase the heat to medium high. Bring to a boil, stirring then add the lentils. Reduce heat and bring soup to a gentle simmer, simmer 15 -20 minutes, or until lentils are done. Add chard leaves, cover and simmer for a couple of minutes. Add the juice of the lemon, stir. Serve hot.