

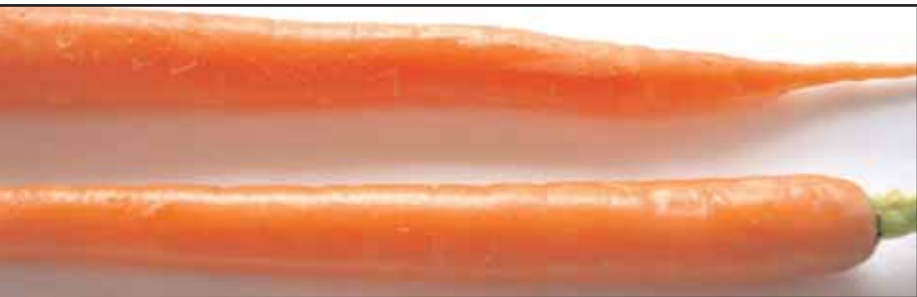
Lemon-Lentil Soup

Yield: 8 servings

2 Tbsp. EXTRA-VIRGIN OLIVE OIL
1 ONION, DICED
3 CARROTS, DICED
4 stalks CELERY, DICED
2 cups RED LENTILS, RINSED
6 1/2 cups WATER
2 tsp. SEA SALT
2-3 cups SWISS CHARD, WASHED AND THINLY SLICED
1/4 cup CHOPPED PARSLEY
3 Tbsp. LEMON JUICE (1 LEMON)
GROUND BLACK PEPPER AND/OR CAYENNE TO TASTE

Procedure:

1. In a large pot, sauté onions in the olive oil at a medium-high temperature. When onions are translucent, add celery and carrot and sauté for a few minutes more.
2. Add water, lentils and 1 tsp. salt and bring to a boil. Reduce heat and continue cooking, covered, for 30-40 minutes, stirring occasionally.
3. Add the Swiss chard and parsley and continue cooking for another 5 minutes.
4. Remove from heat and add lemon juice. Add salt, pepper and/or cayenne to taste.



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By Aviva Allen www.organickoshercookbook.com