

Lentil Soup with Swiss Chard

6 servings

2 Tb olive oil

1 large onion diced

3 celery stalks diced

4 cloves garlic minced

2 carrots diced

1- 14 1/2-ounce can diced tomatoes in juice

Celtic Sea Salt

1 bay leaf

Red pepper flakes

1 tsp dried thyme

1 tsp dried oregano

1 cup French lentils or regular green lentils

1 bay leaf

6 cups chicken stock, vegetable stock or water

4 cups Swiss Chard, stalks cut crosswise into 1-inch pieces, leaves torn into 2-inch pieces (keep stalks and leaves separate)

Olive oil for serving

- In a large pot heat oil on medium low add onions, celery, garlic, carrots.
- Sauté on medium-low heat about 5 minutes until vegetables are soft.
- Add tomatoes, salt and a dash of red pepper flakes. Sauté 5 minutes.
- Add lentils, oregano, thyme, bay leaf, and stock.
- Bring to a boil, simmer on medium heat partially covered for 30-45 minutes until lentils soft, stirring occasionally so the bottom doesn't burn.
- Add the chard stems. Simmer 5 minutes.
- Add chard leaves, salt and pepper and simmer until chard and lentils are tender, 10-15 minutes.
- Serve drizzled with a little olive oil