

# MORRIS

Cardiovascular and Risk Reduction Center

## SWISS CHARD LENTIL SOUP

### INGREDIENTS:

- 2 Tbsp oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 bunch swiss chard, remove stems & roughly chop both stems and leaves (keep separate)
- 3 stalks celery, chopped
- 3-4 carrots, chopped
- 5 cups water or vegetable broth (or mix of both)
- 1 (15oz) can of crushed/diced tomatoes
- 1 ½ cup lentils
- 1 tsp fresh (or dried) thyme leaves
- Salt & Pepper, to taste (be mindful if vegetable broth is salted)
- (Optional) juice from ½ lemon

### INSTAPOT INSTRUCTIONS:

1. Press sauté and add the oil
2. Add onions and cook for 3-5 minutes
3. Add garlic and cook for 1-2 minutes
4. Add celery, chard stems, and carrots and saute for 3-5 minutes
5. Add water/broth, tomatoes, lentils, salt, pepper and thyme
6. Put on lid and make sure vent is in the sealed position
7. Hit the soup button and adjust time to 10 minutes (after a few seconds the display will say “on” and there will be 3 beeps)
8. The soup should be ready in approximately 1 hour (the instapot will heat up and let the pressure build, then cook for 10 minutes, then cool down until the float value drops)
9. Open the lid, add the chard leaves and lemon juice, enjoy!

### STOVETOP INSTRUCTIONS:

1. Use a large soup pot on the stove and follow the above instructions 1 – 5. Place a lid on the pot while it is cooking.
2. Let simmer on med/low until the lentils are cooked (about 30 minutes)
3. Once lentils are cooked, turn off heat and add the chard leaves and lemon juice
4. Stir and let sit for a few minutes. Enjoy!

*Thank you to [www.mywifecancook.com](http://www.mywifecancook.com) for the wonderful recipe.*