

LENTIL, RICE & VEGGIE SOUP

INGREDIENTS

2 -3 T olive oil
1 yellow onion, chopped
3 carrots, peeled and chopped
1 bunch swiss chard (rib removed) chiffonade
2 celery ribs, chopped
3 garlic cloves, minced
1 T coarse salt - divided
1-2 tomatoes, chopped
1-2 T tomato paste
1 1/2 cups lentils
1/4 brown rice
2 tsp fresh thyme or 1/2 tsp dry
1 small bay leaf
1/4 tsp fresh ground black pepper
8 c chicken broth or veggie broth
2 tsp red wine vinegar



DIRECTIONS

1. In large pot over high heat, add olive oil. Add onions, cook until translucent. Add carrots, celery, garlic and 1 tsp salt. Reduce heat to low and sauté until veggies are soft, almost caramelized, about 5 minutes. Add tomato cook for 3 minutes. Stir in tomato paste, cook for another 5 minutes.
2. Add lentils, rice, thyme, bay leaf, pepper and remaining salt. Add broth and bring to a boil, skimming off any foam that rises. Reduce heat and simmer covered until lentils and rice are tender about 20 -25 minutes. Add chard and cook until wilted 5-7 minutes.
3. Stir in vinegar. Season to taste (salt/pepper). Serve with shaved Parmesan cheese.

