

# Curried Red Lentil and Chard Soup

From – *Delish.com*

2 Tbsp olive oil  
1 large onion – chopped  
5 tsp curry powder  
¼ tsp cayenne  
5 cups vegetable broth  
1 pound chard  
1 cups dried red lentils  
1 can (15 oz) chickpeas – rinsed and drained  
1 tsp salt

Optional garnishes:

yogurt, jalapenos, limes

- Heat oil in large, heavy saucepan over medium heat.
- Add onions and cook, stirring frequently, until lightly golden, about 10 minutes.
- Stir in curry and red pepper.
- Add 4 cups of the broth and chard, bring to a boil, stirring till chard is wilted.
- Stir in lentils and chickpeas, reduce heat to low, cover, and simmer 16-18 minutes, stirring twice, until lentils are tender.
- Remove from heat.
- Puree half the soup.
- Return puree to pot, add remaining 1 cup of broth, salt, and warm over low heat for a few minutes.
- Serve with or without garnishes.



For more recipes visit us at  
[www.HealthyHarvestFarmCSA.com](http://www.HealthyHarvestFarmCSA.com)