



Our Family Recipes

Lou's Lentil Soup with Lemon

Soups

(Louise Cheran Yerkes Thompson)

1 ½ cups lentils, washed
7 to 8 cups water
4 beef bouillon cubes
1 medium-sized potato, peeled
2 bunches Swiss chard (about 1 ½ pounds)
1 medium-sized onion, finely chopped
6 T olive oil or salad oil
1 bunch fresh coriander (or 2 T dry cilantro leaves)
3 cloves garlic
¾ t salt
¼ t pepper
½ t ground cumin
3 T lemon juice
Fresh lemon slices

In a 5-quart kettle, combine lentils with water and the bouillon cubes
Cover and bring to simmering
Dice potato into ½ inch pieces and add to simmering mixture
Wash and drain chard, cut off heaviest part of white stems
Slice leaves in ½ inch wide strips and add to soup
Simmer until lentils are tender, about 40 minutes
In a frying pan, saute onion slowly in the oil, stirring often, until soft and golden, 15 to 20 minutes
Set aside about a quarter of the bunch of fresh coriander (if available) for garnish
fine mince the remaining coriander and the garlic (or mix dry cilantro leaves with mashed garlic)
Add coriander-garlic mixture to onions to saute during last few minutes
Add the onion mixture to soup during the final 5 minutes of cooking
Stir in salt, pepper, cumin, lemon juice and water, if necessary to thin soup
Serve with reserved coriander (coarsely chopped) and the lemon)
Makes about 10 cups