

RECIPE OF THE WEEK

FEATURING: *RED LENTILS!*

HEARTY DAL SOUP

FROM DRMCDOUGALL.COM

Preparation Time: 10 minutes

Cooking Time: 60 minutes

Servings: 4

Ingredients:

3 1/4 cups water

1 onion, chopped

2 cloves garlic, crushed

1 1/2 tsp. grated fresh ginger (or 1/2 tsp. ground ginger)

1 tsp. smoked paprika

1/4 tsp. ground cumin

Freshly ground black pepper

1 cup red lentils

1 15-oz. can garbanzo beans, drained and rinsed

1 14.5-oz. can diced tomatoes

2 cups cubed Yukon Gold potatoes

1 Tbsp. lemon juice

1-2 teaspoons chili paste (Sambal Oelek or Sriracha)

2 cups fresh chopped chard (or other greens, such as spinach, kale, etc.)

Instructions:

Place 1/4 cup of the water in a large soup pot. Add the onion and garlic. Cook, stirring occasionally, for 3-4 minutes, over medium-high heat, until softened.

Add the ginger, paprika, cumin, and several twists of freshly ground pepper. Mix well.

Then add the remaining water, lentils, garbanzos, tomatoes, and potatoes. Bring to a boil, reduce heat, cover, and simmer for 50 minutes, until lentils are tender.

Add lemon juice, chili paste (start with 1 teaspoon and add more to taste) and chard. Cook for an additional 5-7 minutes, until chard is tender. Season with a bit of sea salt, if desired. Serve hot.

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