

## **Red Lentil Soup with Mustard Greens** (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

*The goodness of lentils, vegetable, and greens-all in less than 1 hour! Red lentils (which are really orange-red in color) are shaped like brown lentils, and are extremely quick cooking. In a soup, they break apart and become creamy in about 30 minutes. You get all the health benefits of the bean without the soaking or long cooking. The one drawback is that the pretty color fades during cooking.*

Serves 4-6

½ lb mustard greens (2-3 cups)

1 Tbsp canola or olive oil

2 cups chopped onions

2 carrots, peeled and chopped

2 celery stalks, chopped

1 tsp cumin seed

1 ½ cups rinsed red lentils

6 cups water

½ tsp thyme

½ tsp oregano

½ tsp basil

1 tsp turmeric

1 bay leaf

1 tsp salt, or to taste

lemon juice or umeboshi vinegar, to taste

Wash greens and cut or strip leaves from stalks. Discard stalks. Coarsely chop the leaves and set them aside.

In a heavy-bottomed stockpot, heat oil over medium heat. Add onions and sauté for 10-15 minutes, until golden and sweet. Meanwhile, chop carrots and celery.

Add cumin to onions and stir for another 1-2 minutes until cumin smells fragrant. Add carrots, celery, lentils, water, thyme, oregano, basil, turmeric, and bay leaf and bring to a boil. Turn heat to medium-low and simmer, partially covered, for 25-30 minutes, stirring occasionally to prevent sticking.

When lentils are creamy looking, add the salt and chopped mustard greens. Simmer, covered, for about 10 minutes, until greens are tender.

Adjust seasonings, adding a squeeze of lemon juice or umeboshi vinegar.

Variation: Use chopped spinach or Swiss chard instead of mustard greens. Cook spinach or

chard for 4-5 minutes.