

## Lebanese Style Lentil Soup



### Makes:

16 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Roaster with Cover  
7" Santoku Knife

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### Recipe:

### Contributed By:

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### Recipe Description:

Lentils of all kinds are inexpensive and staple ingredients in Lebanese cuisine. This soup is traditionally served with Laban, a thick and tart Lebanese-style yoghurt. If Laban is not available, you can substitute Greek-style yoghurt with a squeeze of fresh lemon juice added to it.

2 medium  
onions, strung, use Cone #2  
4 cloves garlic, shredded, use Cone #1  
1 large  
bunch Swiss chard, small dice stems and shred chard into thin  
strips  
1 tablespoon  
ground cumin  
(6  
g)  
2 cups  
brown lentils, cleaned and washed  
(512  
g)  
2 quarts  
vegetable stock, chicken stock or water  
(1.9  
L)  
2 russet potatoes, medium dice  
1 large  
lemon, juice and zest, use Cone #1  
salt and pepper, to taste  
2 cups  
Laban or Greek-style yoghurt mixed with fresh chopped mint leaves  
(optional)  
(400  
g)

**Directions:**

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, add onions and garlic. Sauté for 3 - 4 minutes until softened.
2. Add Swiss chard stems and sauté for 2 - 3 minutes more.
3. Add cumin, lentils and stock or water; stir and cover. When Vapo-Valve™ begins to click steadily, reduce heat to low. Cook for 20 - 25 minutes until lentils are almost cooked.
4. Add potatoes and Swiss chard leaves; stir and cover. Continue cooking for another 20 - 30 minutes until cooked through.
5. Taste and season with lemon zest, juice, salt and pepper as desired.
6. Use potato masher or the back of a cooking spoon to mash up some of the potato and lentils for a thicker consistency.
7. Serve soup in bowls topped with a dollop of yoghurt and mint.

**Tips:**

- Substitute Swiss chard for fresh spinach.
- Add ground pepper if you want soup to be a little spicy.

Nutritional Information per▼ Serving**Calories:** 165**Total Fat:** 2g**Saturated Fat:** 1g**Cholesterol:** 4mg**Sodium:** 675mg**Total** 28g**Carbs:****Dietary Fiber:** 9g**Sugar:** 4g**Protein:** 10g

Nutritional analysis calculated using vegetable stock and Greek yoghurt