

Soups and Stews

## Swiss Chard Lentil Stew

KJK

**Serves:** 4

**Preparation Time:** 60 minutes

**Ingredients:**

- 1 pound Swiss chard (rainbow chard is great to use)
- 2 cups water
- 1 cup fresh mild no-salt-added salsa
- 1/2 teaspoon cumin seeds
- 1/4 teaspoon turmeric
- 1 teaspoon coriander powder
- 1 cup red lentils, soaked for 30 minutes
- 1 (14 ounce) can no-salt-added diced tomatoes
- 1 (8 ounce) can no-salt-added tomato sauce or 1 (6 ounce) can tomato puree for a thicker stew

**Instructions:**

Wash and cut the leaves off of the stems of the chard. Roll the leaves and cut into small pieces. Then cut the stems into 1/4" pieces. Boil the chard and stems in 2 cups water until the stems are soft and the leaves, wilted, about 5 minutes.

Add the salsa, continue cooking until the onions in the salsa are tender, about 3-4 minutes, then add the cumin, turmeric, and coriander. Reduce heat, cover and simmer for 10 minutes.

Add the soaked lentils and diced tomatoes. Replace cover and continue to simmer until the lentils are tender, about 40 minutes.

Stir in the tomato sauce or the tomato puree, depending on desired consistency. Cook until heated through.

String beans, corn, sliced mushrooms or other sliced vegetables can be added along with the lentils if desired.

**Per Serving:**

CALORIES 235; PROTEIN 16g; CARBOHYDRATES 43g; TOTAL FAT 1.2g; SATURATED FAT 0.2g; SODIUM 268mg; FIBER 19.1g; BETA-CAROTENE 4567ug; VITAMIN C 56mg; CALCIUM 137mg; IRON 7.6mg; FOLATE 267ug; MAGNESIUM 179mg; ZINC 3.1mg; SELENIUM 5.4ug

Dr. Fuhrman

