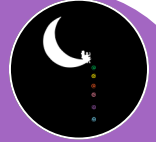


# Lentil & Hearty Greens Soup



Recipe by: [moongardens.org](http://moongardens.org)

## Ingredients

- 1 cup lentils
- 6 to 8 cups water
- 1 large potato, diced
- 1 bunch Swiss chard, kale, or endive coarsely chopped
- 1 medium onion, coarsely chopped
- Salt and pepper to taste
- 3 Tablespoons olive oil
- 1/8 cup (or more) freshly squeezed lemon juice



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## Directions

1. In a pan heat oil and sauté onions until golden brown. The longer they sauté, the more flavor.
2. Now add lentil to a stock pot; add water (start with six cups of water) cover, bring to a boil and then simmer until almost tender (approximately 15-20 minutes).
3. Add diced potatoes to lentils; boil for 10 minutes. Add more water if necessary.
4. Add salt and pepper to lentil pot to taste.
5. Add chopped greens of choice to lentil mixture and cook for another 5 or so minutes.
6. Now add the onions and oil.
7. Add lemon juice.
8. Taste and adjust lemon juice and salt and pepper to your liking.

## Get Creative

- Use a combination of greens

For any comments or suggested ingredients for upcoming recipes, please email us at [info@moongardens.org](mailto:info@moongardens.org)