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Barley And Lentil Soup With Swiss Chard

Bon Appétit | February 2005

Yield: Makes 10 first-course or 6 main-course servings

ingredients

- 1 tablespoon olive oil
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped peeled carrots
- 3 large garlic cloves, minced
- 2 1/2 teaspoons ground cumin
- 10 cups (or more) low-salt chicken or vegetable broth
- 2/3 cup pearl barley
- 1 14 1/2-ounce can diced tomatoes in juice
- 2/3 cup dried lentils

- 4 cups (packed) coarsely chopped Swiss chard (about 1/2 large bunch)
- 2 tablespoons chopped fresh dill

preparation

Heat oil in heavy large nonreactive pot over medium-high heat. Add onions and carrots; sauté until onions are golden brown, about 10 minutes. Add garlic and stir 1 minute. Mix in cumin; stir 30 seconds. Add 10 cups broth and barley; bring to boil. Reduce heat; partially cover and simmer 25 minutes. Stir in tomatoes with juice and lentils; cover and simmer until barley and lentils are tender, about 30 minutes.

Add chard to soup; cover and simmer until chard is tender, about 5 minutes. Stir in dill. Season soup with salt and pepper. Thin with more broth, if desired.

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