

**Curried Lentils with Sweet Potatoes and Swiss Chard**  
**New York Times 11-14-2007**

Serves 2 generously as main dish or 4 or 5 as side dish. Original recipe was double this except the chard. I probably use even more than called for if harvesting from my garden.

Prepare 1 lb Swiss Chard: Remove stem and center rib. Rinse and lightly dry in a salad spinner or whirl in a dish towel. Stack the leaves, roll up along the long side and slice in 1" sections across the roll. I often will then slice the section in half if the leaves are huge.

- 1 T. Olive oil
- 1 small Onion chopped in 1/4 inch dice
- 2 cloves garlic minced
- 1/2 to 1" fresh Ginger root peeled and minced.
- 3/4 Tsp Garam Masala (if I can't find it I've been known to leave it out)
- 1 Tsp Curry powder ( I use sweet curry powder if I have the choice)
- 1 Jalapeno pepper seeded and minced ( I leave this out and let Paul add Harissa to taste on his plate)
- 2-3 Cups Vegetable broth or water
- 1 Lb sweet potatoes peeled and cut into 1/4" dice
- 3/4 to 1 cup Brown Lentils
- 1 Bay leaf
- 1 Lb Swiss Chard prepared as above
- Salt and Pepper to taste
- 1/3 Cup chopped fresh Cilantro leaves (or serve on the side in case anyone doesn't like them)
- Zest of one lime finely grated and the juice of the lime
- 2T finely chopped Tamari Almonds (I have never managed to remember to get these and have never used them)
- 2 T chopped Scallions

1. In a large saucepan, Dutch oven, or frying pan, heat oil over medium heat. Add onion and saute until translucent, 5-7 minutes. Add garlic, ginger, garam masala, curry powder and jalapeno if using. Cook stirring 1 minute. Do not burn the spices.
2. Add sweet potatoes, lentils, bay leaf and broth. bring to a boil. Reduce heat to simmer, cover and cook about 25-30 minutes until lentils are mostly done. Add more water/broth if needed.
3. Stir in chard, salt and pepper cover and cook until the chard has wilted about another 15 minutes.
4. Just before serving, stir in lime zest and juice. Transfer to a serving dish if you want. Garnish with almonds and scallions.

## Chard Stem Soup

This is what I do with leftover Chard stems from other recipes.

1 Onion chopped

olive oil to coat a sauce pan

Chard Stems chopped in 1/4" slices

4 or 5 Potatoes, peeled and chopped in 1/2" dice

1 or 2 stalks Celery chopped in 1/4" slices

Any other vegetable that inspires you or is lying around in danger of rotting.

Carrot, Zucchini, Squash, Pepper.....whatever

Water, Chicken Stock, Vegetable stock, Miso dissolved in water or a combination. I usually prepare a half-gallon. You need enough to cover the vegetables in the pot. If you think of it, pre heat it.

Saute the onions in the oil in your soup pot. When they are translucent, add the Chard stems, Celery, and other longer cooking vegetables and stir to coat with oil. Add the rest of the vegetables and stir again. Pour in the liquid to cover. Cover the pot and bring to a boil then turn down the heat and let simmer until the longest cooking vegetable is tender.

If you have an immersion blender, use it in the pot to puree the soup. If not then transfer it to a free standing blender and process in batches. Recombine and stir batches together. Taste and add salt and pepper to taste.

Feel free to add any herbs or spices as you see fit. This is a guideline and is intended to be personalized and also to use different vegetable depending on your garden or refrigerator contents..

If you like clear soups, leave out the potatoes and add some tofu cubes for more protein.