



Recipe for: Lebanese Lentil Soup w/Swiss Chard

From the kitchen of: Caline LyBarger

### Lebanese Lentil Soup with Swiss Chard

By: Caline LyBarger

Ingredient	Quantity	Comments
Green Swiss Chard	1 big bunch	Chop/slice stems and leaves NOTE: Multi-colored Swiss Chard works as well but soup may be reddish in color in the end.
Fresh cilantro	1 bunch	Chopped
Fresh garlic	2 Cloves	Finely minced
Onion	1 Medium	Chopped
Fresh lemon	1 whole	(to taste)
Olive Oil	2 Tablespoons	
Red potatoes	2 Medium	Peeled and cubed (small, bite size)
Lentils (brown/regular)	½ Cup	
Vermicelli	½ Cup	
Water		
Salt & Pepper	To taste	

#### Directions

1. In a soup pot, sauté the chopped onions in olive oil until slightly translucent (about 5 minutes), add the minced garlic and cook for 3-4 minutes. Add the chopped fresh cilantro and cook for 5 more minutes.
2. Add the Swiss Chard, sauté for about 10 minutes, mixing frequently.
3. Add enough water to cover about 2 inches above all the ingredients.
4. Add lemon, salt and pepper. Adjust lemony-ness and saltiness to taste.
5. Add the red potatoes and lentils, cook until slightly tender.
6. Add the vermicelli before serving; allow it to boil in soup for at least 5 minutes.

Serve with warm baguette slices and enjoy!





*Recipe for:* Lebanese Lentil Soup w/Swiss Chard

*From the kitchen of:* Caline Lybarger

## Story

This recipe was finally written down by me but has historically been handed down by spoken words, approximate measures, taste and texture from my grandmother Lily to my mother Jessie.

I now get to pass it on, on paper, to my daughter Sophie and my son Julian. Perhaps in the future, they may pass it on to their children, maybe in a different, more futuristic format, or simply written down, who knows what the future holds.

