

Seasonal Recipe: Rhubarb-Lentil Soup!

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Strawberry-Rhubarb pie, topped with vanilla ice cream is a terrific seasonal treat. Here's a surprising way you can use rhubarb in your entrée: Rhubarb-Lentil Soup. It's tangy, hardy, and makes great leftovers you can bring for lunch. Plus, you get the "Wow! What a surprise!" factor, when you tell people it has rhubarb in it. This soup is a favorite at our house. The recipe is from Cooking Light Magazine.

Ingredients

- 1 1/2 cups boiling water
- 3/4 cup dried petite green lentils
- Cooking spray
- 2 cups finely chopped carrot
- 1 3/4 cups finely chopped celery
- 1 1/2 cups finely chopped red onion
- 1/4 cup chopped fresh parsley
- 2 cups chopped rhubarb (about 12 ounces)
- 4 cups fat-free, less-sodium chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh dill
- 6 tablespoons crème fraîche
- Dill sprigs (optional)

How to Make It

1. Pour 1 1/2 cups boiling water over lentils in a small bowl; let stand 10 minutes.
2. Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add carrot, celery, onion, and parsley to pan; sauté for 4 minutes. Add rhubarb, and sauté for 3 minutes. Drain lentils, and add lentils to the pan. Stir in chicken broth and salt; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until lentils are tender.
3. Remove from heat; let cool for 5 minutes. Place 3 cups of lentil mixture in a blender or food processor – or use an immersion blender if you have one. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place

a clean towel over the opening in a blender lid (to avoid splatters). Blend until smooth. Return pureed mixture to pan; stir in pepper.

4. Combine chopped dill and crème fraîche in a small bowl. Serve crème fraîche mixture on top of soup; garnish with dill sprigs, if desired.