

Lentil Soup with Rhubarb



This is a wonderful way to add body to the lentil soup. It doesn't taste like you added Rhubarb pie to the soup. You can't tell even that it is Rhubarb. Just a nice tart taste (user friendly) that blends beautifully with the flavor of the Lentils. You won't feel the need that there should be ham in there.



Ingredients:

3/4 cup lentils
2 cups finely chopped carrot
2 cups finely chopped celery
2 cups finely chopped onion
1/4 cup chopped fresh parsley
2 cups chopped rhubarb (about 12 ounces)
Oil or non stick spray for sauté

4 cups chicken broth
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon chopped fresh dill
6 tablespoons yogurt or sour cream
Dill sprigs (optional)



Add the carrot, celery and onions, and parsley and sauté , either with a small amount of olive oil or non stick spray, for 10 minutes.



Add the Rhubarb and sauté for 5 minutes.



Add the cooked vegetables to the soup and simmer for 15 -20 minutes more until Lentils are soft.



Cool the soup and ladle half of the soup into the blender. Be sure and take the top off the lid to allow steam to escape. Hold a towel over the top and blend on high for a minute or two until it is pureed. Add back to the soup pot and blend in. If you desire you can Puree all the soup to make a smooth texture.



Chop the fresh dill and mix with the yogurt or sour cream. You can substitute a teaspoon of dried dill weed.



Garnish soup with the Dilled Yogurt or Dilled Sour Cream.