LEBANESE · LUNCH · DINNER

Adas bi Hamod (Lebanese Lentil, Chard and Lemon Soup)

شوربة العدس بحامض

95 min · Serves 6 · 263 kcal a serve · Video 10:29 in Arabic · Suha's Dishes

Gluten-free ingredients · Dairy-free · Nut-free

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A lentil and chard soup with 10 g fibre, 11 g protein and 25 g net carbs a serve, plus plenty of vitamin K, vitamin A and folate from the greens.

Ingredients 17 · SERVES 6

- [ ] 500 g **Swiss chard**, leaves and stems, chopped
- [ ] 200 g small **brown lentils**, rinsed
- [ ] 1 litre **water**
- [ ] 1 litre **chicken stock**
- [ ] 1½ tsp **salt**, for the soup
- [ ] 60 ml **extra-virgin olive oil**
- [ ] 125 g chopped **onion**
- [ ] 8 **garlic** cloves, crushed with 1 tsp salt
- [ ] 1 tsp **salt**, for crushing the garlic
- [ ] 2 tsp **dried mint**
- [ ] 1 bunch **coriander** (50 g), chopped
- [ ] 120 g diced **carrot**
- [ ] 210 g diced **potato**
- [ ] 1 tsp **ground cumin**
- [ ] ¼ tsp **black pepper**
- [ ] 60 ml **fresh lemon juice**
- [ ] **lemon wedges**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash the chard well, separate the leaves from the thick stems and chop both into bite-sized pieces. 1:05
2. Put the chard, the rinsed lentils, the water, the chicken stock and 1½ tsp salt into a large pot. Bring to the boil, then cover and simmer while you make the onion base. 3:10
3. Heat the olive oil in a frying pan and fry the onion until soft and golden. Stir in the garlic crushed with salt, then the cumin, dried mint and black pepper. 4:57
4. Add the chopped coriander and stir for a minute or two until it wilts and smells fragrant. 6:30
5. Add the carrot, the potato and the onion and coriander mixture to the pot. Stir, cover and simmer on low heat for about 1 hour, until the lentils and vegetables are soft. 7:07
6. Stir in the lemon juice, taste for salt and sourness, and simmer a couple of minutes more. 8:20
7. Ladle into bowls and serve hot with lemon wedges. 9:45

> **Tip** Serves about 6 (our estimate from the 2.7 litres it makes). Lebanese bread is the usual side. Using unsalted stock and half the salt cuts the sodium a lot; keeps 4 days in the fridge.

The method is a summary in our words, in English — the video (in Arabic) shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
263 kcal 1,100 kJ	12 g 23% of a day	35 g 25 g net · 5.8 g sugars 13% of a day	10 g 36% of a day	9.9 g 1.3 g saturated 13% of a day	1,590 mg 69% of a day

Energy from net carbs 42% · protein 20% · fat 38%

High in (20%+ of a day) Vitamin K 608% · Vitamin A 50% · Folate 48% · Vitamin C 46% · Iron 31% · Magnesium 29% · Vitamin B6 27% · Vitamin E 23% · Potassium 22%

Source of (10–19%) Zinc 16%

⚠ One serve has about 69% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Suha's Dishes (@suhasdishes232) on YouTube — youtube.com/watch?v=KMC38EmFyCA, published 12 January 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/adas-bhamod-lentil-chard-soup