



fall's bounty

Lentil & Macaroni Soup

pictured above

This flavorful and filling soup, chock-full of vegetables, lentils, and pasta, needs only some crusty bread to become a meal. And there's enough to enjoy another day.

PREP: **20 minutes**

COOK: **about 50 minutes**

MAKES: **about 12 cups or 6 servings**

- 1 tablespoon olive oil
- 2 medium carrots, cut into ¼-inch dice
- 1 medium onion, chopped
- 2 garlic cloves, crushed with garlic press
- 1 can (14½ ounces) whole tomatoes in puree
- 1 can (14½ ounces) vegetable broth

- ¼ cup dry lentils, rinsed
- ½ teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- ¼ teaspoon dried thyme
- 1 bunch Swiss chard (about 1 pound), trimmed and coarsely chopped
- ¾ cup elbow macaroni (about 3½ ounces)
- 1 cup fresh basil leaves, chopped
- grated Parmesan cheese (optional)

1. In nonstick 5- to 6-quart Dutch oven, heat oil over medium heat until hot. Add carrots, onion, and garlic, and cook 10 minutes or until vegetables are tender and golden, stirring occasionally. Add tomatoes with their puree, broth, lentils, salt, pepper, thyme, and *6 cups water*; heat

to boiling, stirring to break up tomatoes with side of spoon. Reduce heat to low; cover and simmer 20 minutes or until lentils are almost tender.

2. Stir in Swiss chard and macaroni; heat to boiling over medium-high heat. Reduce heat to medium; cook, uncovered, about 10 minutes or until macaroni is tender. Stir in basil. Serve with Parmesan if you like.

■ Each serving: About 200 calories, 12 g protein, 34 g carbohydrate, 3 g total fat (0 g saturated), 10 g fiber, 0 mg cholesterol, 810 mg sodium.