

## Smoky Bacon & Lentil Soup

Healthy

NUTRITION

## **INGREDIENTS**

- 8 slices center-cut bacon
- 6 cloves garlic, minced
- 1 ½ cups chopped onion
- 1 cup chopped carrots
- 1 large bunch Swiss chard, stems and leaves separated and chopped
- 6 cups low-sodium chicken broth
- 1 ½ cups red, green, and/or black lentils
- 1 ½ teaspoons smoked paprika
- ½ teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 0.5-ounce package fresh rosemary

## **DIRECTIONS**

- 1. Cook bacon in a large pot over medium heat until crisp, 5 to 6 minutes. Transfer to a paper-towel-lined plate, reserving 2 Tbsp. drippings in the pot. Crumble the bacon and reserve for the topping.
- 2. Add garlic, onion, carrot, and chard stems to the pot; cook over medium heat until softened, 5 to 6 minutes. Add broth, lentils, smoked paprika, cumin, salt, and pepper. Bring to a boil. Reduce heat to low. Tie rosemary sprigs together with butcher's twine or secure in a cheesecloth bag. Add the rosemary to the soup, gently pressing into the liquid and stirring. Cover, leaving the lid slightly ajar to allow steam to escape and prevent the lentils from boiling over. Simmer until the lentils are tender, about 20 minutes. Remove and discard the rosemary sprigs.
- 3. Transfer 2 cups of the soup to a blender. Remove the center piece of the lid (to let steam escape), secure the lid on the blender, and cover with a kitchen towel. Puree until smooth. Return the blended soup to the pan.
- 4. Stir in the chopped chard leaves; cook until wilted, 1 to 2 minutes. Top each serving with bacon.