SWISS CHARD DAL from Kathy Ornish

2 large bunches of swiss chard, rinsed1 large onion, chopped3 cloves garlic, minced1 cup red lentils (soaked for 30 minutes)

½ teaspoon black pepper
½ teaspoon ground cumin
¼ teaspoon turmeric generous measures
1 teaspoon ground coriander
½ teaspoon fennel seeds (don't leave this out!)

1 cup water
1 can (15 oz) crushed or chopped tomatoes
½ teaspoon tomato paste mixed into a little bit of water to soften (in a tube in the fridge)

1 cup brown rice, dry. 1:2

-Chop chard stems and sauté them in oil of choice, on Medium to Med/low heat, in a soup pot until half tender.

-Add the onion and cook until nearly soft.

-Add the garlic and cook until the onion is completely done.

-Add spices and cook, covered, for a few minutes.

-Drain the lentils and add them, the water, & the chard to the pot and stir well. Bring to a simmer and cook for 5 minutes.

-Add the tomatoes and tomato paste.

-Stir well and cook, covered on low (big burner), until cooked down. Stir about every 10 minutes and check to make sure it's not too dry. Add water as needed. This can take 20-30 minutes to really cook the greens down.