

# Bulgur & Red Lentil Soup

## Ingredients:

2 teaspoons	Olive Oil
2 medium	Onions
1/3 cup	Minced fresh cilantro
1/4 cup	Minced fresh dill or 2 tablespoons crumbled dry dill
1/4 cup	Minced fresh chives
1 cup	Uncooked red lentils
1/2 cup	Bulgur wheat
4 cups	Water, or 2 cups water plus 2 cups vegetable broth
1 cup	Cooked chickpeas, drained and rinsed
2 cups	Torn fresh spinach or beet greens
1/1/2 cups	Plain nonfat yogurt

## Procedure:

1. Heat the olive oil in a large heavy saucepan. Add the onions, cilantro, dill and chives, and sauté over medium-low heat, stirring often, until the onions are so soft they're close to melting, about 20 minutes. It's essential to let the onions sauté long enough to become sweet.
2. Add the lentils and bulgur and stir to coat them with the herbs, about 1 minute.
3. Add the water and broth, if using, stir well and bring the soup to a simmer over medium-high heat. Cover, lower the heat to medium-low, and cook until the bulgur and lentils are tender, about 20 minutes.
4. Add the chickpeas and the spinach or beet greens, and stir until the leaves turn bright green, about 2 minutes.
5. Remove soup from the heat and let it cool for 10 to 15 minutes, stirring it occasionally to help it along. Put the yogurt in a large mixing bowl.
6. Add 1 tablespoon of the hot soup, and stir well. Another spoonful, and stir.
7. Continue to transfer the soup into the yogurt. Stir well, and transfer the yogurt mixture to the rest of the soup in the saucepan.
8. Heat carefully over low heat, stirring to warm through.