

## Rhubarb-Lentil Soup with Crème Fraîche

1 ½ cups boiling water  
¾ cup dried petite green lentils  
2 cups finely chopped carrot  
1 ¾ cups finely chopped celery  
1 ½ cups finely chopped red onion  
¼ cup chopped fresh parsley  
2 cups chopped rhubarb  
4 cups fat-free, less-sodium chicken broth  
½ tsp salt  
¼ tsp freshly ground black pepper  
1 Tbsp chopped fresh dill  
6 Tbsp crème fraîche  
Dill sprigs (optional) for garnish

1. Pour 1 1/2 cups boiling water over lentils in a small bowl; let stand 10 minutes.
2. Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add carrot, celery, onion, and parsley to pan; sauté for 4 minutes. Add rhubarb, and sauté for 3 minutes. Drain lentils, and add lentils to pan. Stir in chicken broth and salt; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until lentils are tender.
3. Remove from heat; let cool 5 minutes. Place 3 cups lentil mixture in a blender or food processor. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return pureed mixture to pan; stir in pepper.
4. Combine chopped dill and crème fraîche in a small bowl. Serve crème fraîche mixture on top of soup; garnish with dill sprigs, if desired.

Source: Cooking Light, May 2008.

<http://www.myrecipes.com/recipe/rhubarb-lentil-soup-with-crme-frache>