



Love Those LENTILS!

Chunky Lentil Soup

1 pound lean ground beef	½ cup chopped green pepper
1 cup dried lentils, rinsed	4 cups water
1 cup diced carrots	1 bay leaf
1 cup chopped celery	2 beef bouillon cubes
1 cup chopped cabbage	46 oz can low-sodium tomato juice
1 cup chopped onion	black pepper to taste

Brown ground beef and drain fat. Stir in remaining ingredients. Cook over high heat until mixture comes to a boil. Reduce heat to low and simmer 1 ½ hours or until lentils are tender. Makes about 12 cups. Each cup has 210 calories, 2 g fat, 260 mg sodium, 30 g carbohydrate, 13 g dietary fiber, 18 g protein, 40% vitamin A, 70% vitamin C, 20% iron.

Lentil Soup with Smoked Sausage

1 pound lentils, rinsed
5 cups water
Bring to a low boil. Reduce heat, cover and simmer 15 minutes.
Add additional water if needed to prevent getting too dry.

3-4 slices bacon, cut up
1 cup chopped carrots
1 cup chopped celery
1 medium onion, chopped

In a large skillet, cook bacon until limp. Spoon out all but 1 tablespoon fat. Add vegetables to skillet. Cook over low heat until softened but not brown, about 10 minutes.

Combine the two mixtures together into a large pot. Add:

2 (15-16 oz) cans tomatoes
2 bay leaves

1/4 teaspoon black pepper

1 pound kielbasa, polish sausage or smoked sausage, sliced

Optional seasonings: garlic powder, thyme, smoked paprika or your favorites

Bring soup to a boil. Cover and simmer 30-45 minutes or until the lentils are tender. May also be cooked on LOW in a slow cooker for 4 hours. Makes 15 cups. Each cup has 230 calories, 9 g fat, 25 g carbohydrate, 440 mg sodium, 11g dietary fiber, 15 g protein, 60% vitamin A, 25% vitamin C, 20% iron.

