Love Those LENTILS!

**Chunky Lentil Soup**

- 1 pound lean ground beef
- 1/2 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 1/2 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, 11 g dietary fiber, 15 g protein, 60% vitamin A, 25% vitamin C, 20% iron.