

Jack`s Lentil Soup

Jack Nichols - Short Hill, NJ

Treasure Classics - National LP Gas Association - 1985

Yield: 8 quarts

*1 country ham bone
1 pound diced country ham
1 pound lentils
3 cups celery, finely
chopped
3 1/2 cups sliced carrots
4 cups onion, finely
chopped
1 can (28 ounce) tomatoes,
undrained
1/4 cup cider vinegar
1 teaspoon garlic powder
2 quarts water
1 teaspoon salt
freshly ground pepper (to
taste)*

Preparation Time: 20 minutes

Cook Time: 3 hours

In a ten to twelve quart soup pot, combine the ham and bone, lentils, celery, carrots, onion, tomatoes, vinegar, garlic powder, water, salt and pepper.

Bring to a boil.

Reduce the heat and simmer, covered, for three hours.

Remove the bone.

Serve hot.

Per Serving (excluding unknown items): 2062 Calories; 7g Fat (2.9% calories from fat); 143g Protein; 382g Carbohydrate; 170g Dietary Fiber; 0mg Cholesterol; 2728mg Sodium. Exchanges: 17 1/2 Grain(Starch); 11 Lean Meat; 21 1/2 Vegetable; 0 Other Carbohydrates.