

# Lentil Soup Recipe

*John & Sharon Benedict  
Home Harvest, Recipes for Healthy Living  
<https://celebratingyourjourney.com>*

*This is a delicious soup and highly nutritious that uses multi-rotation-day ingredients.  
It's easy to make and top with a favorite green vegetable and a slice of avocado.*



**Servings: 15**

**Yield: 15 cups**

*1 1/2 cups lentils, rinsed well  
1 cup chopped onions, or  
leeks; add extra if preferred  
1 cup chopped carrot, add  
extra if preferred  
5 cloves garlic, finely chopped  
14 ounces diced tomato, add 1  
can w/ juice  
3 slices bacon, chopped;  
remove excess fat  
8 ounces ham, smoked and  
chopped  
1 tablespoon italian seasoning  
7 cups water, hot water  
1 tablespoon Better than  
Bouillon (equal to 3 tsp)  
1 tablespoon olive oil  
1 cup cooked green beans*

**Preparation Time: 30 minutes**

**2 hours 30 minutes**

Chop bacon into small pieces (remove extra fat).

Saute bacon until it starts to crisp in a large sou kettle with olive oil.

Add onion/leeks, carrots, and garlic. Saute until onions/leeks are beginning to carmelize and be transparent.

Add 14 oz diced tomatorees with liquid.

Add seasoning, water, ham, lentils, and chicken bouillon. Bring to boil.

Simmer for abou 45 minutes.

Puree third to half of the portion and return to soup.

Top with cooked green beans or your favorite green vegie, along with a slice of avocado. You can also garnish with parmesan cheese and/or chopped basil leaves. All are good additions.



*Top with favorite green vegie  
and an avocado slice.*

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Per Serving (excluding unknown items): 126 Calories; 3g Fat (24.0% calories from fat); 9g Protein; 16g Carbohydrate; 7g Dietary Fiber; 10mg Cholesterol; 237mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat.