

Lentil Soup

Ingredients:

4 cups reduced sodium chicken or beef broth
2 cups water
1 ¼ cups dried lentils, rinsed and sorted
1 can (28 oz) diced tomatoes with liquid
2 large carrots, sliced
2 celery ribs, sliced
¼ cup chopped raw onion or 1 tbsp dried, minced onion
1 lb pork sausage or ham, cooked and sliced into ½ inch pieces
½ tsp salt
½ tsp black pepper
½ tsp garlic powder
1 tsp dried oregano
½ tsp dried thyme

Directions:

Combine broth, water, lentils, tomatoes, carrots, celery, onion and sausage in a large pot. Bring to a boil, then reduce heat and simmer for 40 minutes or until lentils, carrots, onions and celery are soft. Add spices and heat another 5-10 minutes.

Yields 6 servings.

