

Jeanne's Lentil Soup

Source: Edward Christensen, Missoula County Public Schools

Servings

6

Ingredients

1 1/3 cups dry lentils, *rinsed and checked for stones*

3 cups chicken stock

1 1/2 cups water

1 celery stalk, *sliced 1/2-inch thick*

1 carrot, *sliced*

1/2 onion, *diced*

1 garlic clove, *minced*

1 bay leaf

3/4 lb ham

Preparation

1. Bring water to a boil. Cook lentils in twice as much water as lentils. Strain and set aside.
2. Sauté celery, onions, and carrots until tender.
3. Add ham and garlic and sauté for one minute.
4. Add lentils and remaining ingredients to stew pot and cook for 2 hours.



Did You Know?

Montana is the top producer of lentils in the United States, producing almost 40% of lentils grown in this country!

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mtharvestofthemonth.org

