

HEARTY LENTIL SOUP

Preparation Time: 15 – 20 minutes depending on the amount

Cooking Time: 20 – 30 minutes depending on the amount

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Olive oil	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Shaved ham, sliced into squares	4 Slices	8 Slices	12 Slices	16 Slices
Thyme, dried	¼ tsp.	½ tsp.	¾ tsp.	1 tsp.
Chili pepper, fresh	½ Medium	1 Medium	1 ½ Medium	2 Medium
Red onions, peeled and chopped	½ Medium	1 Medium	1 ½ Medium	2 Medium
Carrots, scrubbed and chopped	1 Medium	2 Medium	3 Medium	4 Medium
Celery sticks, trimmed and chopped	1 Medium	2 Medium	3 Medium	4 Medium
Garlic, peeled and chopped	1 Clove	2 Cloves	3 Cloves	4 Cloves
Lentils, canned, rinsed, drained	½ Can	1 Can	1 ½ Cans	2 Cans
Water	1 Cup	2 Cups	3 Cups	4 Cups
Cannellini beans, canned, rinsed, drained	½ Can	1 Can	1 ½ Cans	2 Cans
Black pepper	To taste	To taste	To taste	To taste
Parsley, fresh, flat leaf, chopped	To garnish	To garnish	To garnish	To garnish

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Heat the olive oil in a large saucepan.
- Add the ham, thyme, chili pepper, onion, carrot, celery and garlic.
- Cook gently with the lid on until the vegetables are soft, for about 10 - 15 minutes.
- Add the lentils and water, bring to the boil.
- Add the cannellini beans. Bring back to the boil.
- Taste and season with freshly ground black pepper.
- Garnish with parsley, serve and enjoy.

Tips to Reduce Preparation & Cooking Time:

- Buy already crushed garlic.
- Boil the water separately before adding it to the soup to decrease cooking time.
- Make extra soup which can be frozen and defrosted as a convenient meal when needed.
- Use a sharp knife when preparing the vegetables to reduce cooking time.

Hearty Lentil Soup - Analysis per Serving	
Energy:	
Calories (kcal):	270
Protein (g):	15.0
Total Fat (g):	9.6
Saturated Fat (g):	1.5
Monounsaturated Fat (g):	6.5
Polyunsaturated Fat (g):	1.0
Omega-3's (g):	0.1
Cholesterol (mg):	9.0
Carbohydrates (g):	32.6
Of which is sugars (g):	0.0
Fiber (g):	9.7
Sodium (mg):	320.0