



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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Peas



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