

Ham & Lentil Soup

This recipe is hearty, healthy & very flavourful! Full of fibre from the addition of lentils (which also make this soup nice & thick), just one bowl will keep you full for ages!

Ingredients:

¾ cup cooked ham, diced
1 cup dried lentils
2 celery stalks, chopped
2 carrots, chopped or grated
1 medium onion, chopped
2 cloves garlic, minced
½ tsp EACH dried basil & dried oregano
¼ tsp EACH dried thyme & black pepper
1L reduced-sodium chicken broth
1 cup water
¼ cup tomato sauce



Preparation:

1. Combine all ingredients into slow-cooker and stir to mix.
2. Cover and cook on **LOW** for 9-10 hours (or 4-5 hours on **HIGH**).
3. Serve with whole-grain crusty bread, if you prefer.

Nutritional Information (per serving):

Calories: 197	Carbs: 28.9g
Total Fat: 3.8g	Fiber: 8.9g
Sat. Fat: 2.3g	Protein: 11.2g