

Hot and Healthy Soups

LENTIL STEW WITH HAM AND GREENS

Lentils are a very good source of cholesterol-lowering fiber. They also prevent blood sugar levels from rising, an excellent source of seven important minerals, B-vitamins, and protein – all with virtually no fat (George Mateljan Foundation, 2015).



Ingredients

- 1 1/2 tablespoons olive oil
- 1 cup chopped onion
- 3 garlic cloves, minced
- 5 cups fat-free, less-sodium chicken broth
- 1 cup dried lentils
- 1/2 cup chopped carrot
- 2 bay leaves
- 3 cups chopped Swiss chard, collard greens, or spinach
- 1 1/2 cups chopped baking potato
- 1 cup chopped smoked ham
- 1 (14.5-ounce) can diced tomatoes, drained
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 3 tablespoons chopped fresh parsley

Instructions

1. Heat oil in a Dutch oven over medium-high heat. Add onion and garlic; sauté 5 minutes.
2. Add broth, lentils, carrot, and bay leaves; bring to a boil. Partially cover, reduce heat, and simmer 20 minutes.
3. Add Swiss chard, potato, and ham; bring to a boil. Reduce heat; simmer 15 minutes or until potato is tender. Stir in tomatoes, basil, thyme, and pepper; simmer 10 minutes. Discard bay leaves. Sprinkle with parsley.

George Mateljan Foundation. (2015). Lentils. Retrieved from www.whfoods.com

Cooking Light (2002). Lentil Stew with Ham and Greens. Retrieved from www.myrecipes.com

Nutritional Info per serving

Calories: 320
Protein: 20.4g
Total Fat: 8.6g
Saturated Fat: 2g
Fibre: 15.1g
Sodium: 943 mg