

HOT AND HEALTHY SOUPS

LENTIL STEW WITH HAM & 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).



LENTIL STEW WITH HAM & GREENS

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
- 3 cups chopped Swiss chard, collard greens, or spinach

Instructions

- Heat oil in a Dutch oven over medium-high heat. Add onion and garlic; sauté 5 minutes.
- Add broth, lentils, carrot, and bay leaves; bring to a boil. Partially cover, reduce heat, and simmer 20 minutes.
- 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.

- 2 bay leaves
- 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

NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	320
PROTEIN	20.4 g
TOTAL FAT	8.6 g
SATURATED FAT	2 g
FIBRE	15.1 g
SODIUM	943 mg

George Mateljan Foundation(2015) Lentils Retrieved from www.whfoods.com
Cooking Light (2002) Lentil Stew with Ham and Greens Retrieved from www.myrecipes.com