
Ham and Lentil Stew (Slow Cooker)

Margaret Howlett

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

3 cups ham, diced
2 cups celery, chopped
2 cups carrots, chopped
2 cups dried lentils
1 large onion, chopped
2 cans (10-1/2 ounce) chicken broth
4 cups water

Sort and rinse the lentils.

In a four-quart slow cooker, combine all of the ingredients. Mix well.

Cover and cook on LOW setting for seven to nine hours.

Soups, Chili, Stew

Per Serving (excluding unknown items): 2303 Calories; 50g Fat (19.3% calories from fat); 194g Protein; 278g Carbohydrate; 131g Dietary Fiber; 231mg Cholesterol; 7229mg Sodium. Exchanges: 14 1/2 Grain(Starch); 20 1/2 Lean Meat; 8 Vegetable; 2 1/2 Fat.