

# Beefy Lentil Soup

*Marge Overmyer*

*Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa*

*1 pound ground chuck  
1 cup dry lentil beans  
1 cup carrots, sliced  
1 cup celery, chopped  
1 cup onion, chopped  
1 cup cabbage, chopped  
1 teaspoon green pepper,  
finely chopped  
1 teaspoon salt  
1/2 teaspoon pepper  
1 bay leaf  
3 cube beef bouillon  
1 can (46 ounce) tomato  
juice  
4 cups water (or more)  
1/2 package frozen  
chopped spinach*

In a Dutch oven or soup kettle, brown the ground chuck. Add all of the remaining ingredients. Cook over high heat until the mixture comes to a boil, about 10 minutes.

Reduce the heat to low. Simmer for 90 minutes, stirring occasionally.

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Per Serving (excluding unknown items): 1494 Calories; 98g Fat (58.8% calories from fat); 97g Protein; 57g Carbohydrate; 19g Dietary Fiber; 341mg Cholesterol; 7309mg Sodium. Exchanges: 1/2 Grain(Starch); 12 Lean Meat; 9 1/2 Vegetable; 12 Fat.