

Lentil, Bacon & Bean Soup

*Janie Zirbser - Mullica Hill NJ
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Servings: 8

*4 bacon strips, chopped
6 medium carrots, chopped
2 small onions, diced
olive oil (optional)
2 tablespoons tomato paste
2 cloves garlic, minced
1 teaspoon fresh thyme, minced
1/2 teaspoon pepper
5 cups chicken stock
1 cup dry white wine (or additional
chicken stock)
2 cans (15 ounce ea) butter beans,
rinsed and drained
2 cans (15 ounce ea) cooked lentils,
rinsed and drained
6 sprigs fresh thyme*

Preparation Time: 15 minutes

Cook Time: 30 minutes

In a Dutch oven, cook the bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon. Drain on paper towels.

In the same pan, cook and stir the carrots and onions in the bacon drippings until crisp-tender, adding olive oil if necessary, 3 to 4 minutes. Add the tomato paste, garlic, thyme and pepper. Cook for 1 minute longer.

Add the stock and wine. Increase the heat to medium-high. Cook for 2 minutes, stirring to loosen browned bits from the pan.

Stir in the butter beans, lentils and bacon. Bring to a boil. Reduce the heat. Simmer, covered, for 5 minutes. Uncover. Continue simmering until the vegetables are tender, 15 to 20 minutes.

Serve with thyme sprigs.

Use shredded chicken or turkey as a leaner alternative to bacon.

Per Serving (excluding unknown items): 283 Calories; 3g Fat (8.3% calories from fat); 18g Protein; 48g Carbohydrate; 19g Dietary Fiber; 3mg Cholesterol; 1481mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fat.