

Helen and Alyce's Lentil Soup

- 1 pound brown or green lentils, rinsed several times
- 2 quarts beef or chicken broth
- 1 onion, chopped
- 1 cup chopped carrots
- 2 cups chopped celery
- 2 cloves garlic, minced
- 15-ounce can chopped tomatoes
- 1 large potato, cubed (optional)
- 2 tablespoons each: fresh chopped rosemary and sage*
- 1 pound pork bulk breakfast sausage
- ½ pound cooked Andouille or kielbasa sausage or chopped ham steak, cut into 1/2" pieces
- Kosher salt and fresh ground pepper
- Hot sauce (I like Tabasco)

1. Mix together lentils - sage in 6 or 8 quart stockpot. Bring to a boil over high heat. Turn heat down to simmer and cook about 30 minutes or so until vegetables are becoming tender.
2. Meanwhile, brown breakfast sausage in skillet until done; drain. Add to stockpot along with cut Andouille or kielbasa. Season pot with salt and pepper – and/or Tabasco— to taste.
3. If soup is becoming too thick, add water or more beef or chicken broth. Continue to simmer until lentils are tender.
4. Taste and adjust seasonings; serve hot.

Slow Cooker: Make as above, but cook in 6 qt. slow cooker on low for 6-8 hrs or on high for 4-5 hours.

*If using dried herbs, cut amounts in half

Nice side: cornbread with honey

For vegan or vegetarian option, use vegetable broth in place of chicken or beef and omit meat. Add sautéed, chopped zucchini, or eggplant cooked in a little olive oil. Add toward end of cooking. (Can also add 1-2 cups cooked white beans.) copyright Alyce Morgan, 2009 moretimeatthetable.com