

Ham and Lentil Soup

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Source: Captains Shack

Cooking Time: 4 hours

Preparation Time: 30 minutes

Servings: 8 Crock Pot:



1 T Coconut Oil
1 T Garlic Infused Olive Oil
1 c diced Onion
1 c diced Carrot
1 c diced Celery
1 T Thyme
1/2 c chopped Parsley
32 oz Chicken Stock
1 Ham bone, some meat on
2 c diced fresh Ham
1 c Water
1 c Lentils
Sea Salt and fresh Pepper to taste

**Categories: Main Dish
- Crockpot**

Serving Ideas: Serve with Rye toast and a good Petite Verdot/Merlot blend.

Heat the olive oil and coconut oil in a heavy saucepan. Add the onion, carrot and celery and cook until tender.

Description: A wonderful cold and windy winter day soup. Hearty.

Add the thyme and the parsley. Stir to combine and cook until the herb aroma is obvious. Add the chicken stock and bring to a simmer. Taste and add salt and pepper as necessary.

Add the water and the ham bone to the Crockpot. Add the lentils and the mirepoix. Add the diced ham.

Cook on High for 1 hour. Reduce heat to Low and cook for 4 hours or until the lentils are soft and the soup flavors have combined. Check for enough salt and pepper and herbs. Adjust as necessary.