

Black Lentil (Urad Dal) and Ham Soup

Adapted from an Emeril Legasse recipe on the Food Network, 2013



Servings: 6

1. In a large saucepan, over medium heat, add the oil. When the oil is hot, add the onions, celery, bacon and pancetta. Season with salt and pepper. Saute for 4 minutes. Add the garlic, bay leaves and thyme. Saute for 1 minute. Add the ham bone, lentils and broth. Bring the liquid to a boil, reduce the heat to low, cover and simmer about 35 minutes until the ham is tender and the lentils are just barely cooked through. Add the carrots and continue cooking for 10 minutes until carrots are cooked through.

2. Remove from the heat and stir most of the parsley. Reseason with salt and pepper if needed. Remove the ham bone and remove the meat. Add the ham back into the soup along with the reserved cubes. Ladle the soup into individual serving bowls, garnish with more parsley and serve with crusty bread.

2 tablespoons olive oil

2 pieces thick-sliced bacon

2 cups onions, small diced

1 cup celery, small diced

Salt to taste (don't add too much as the ham contains salt)

1/4 cup pancetta, chopped (optional)

Freshly ground black pepper

2 tablespoons chopped garlic

2 bay leaves

1 tablespoon dried thyme

6 cups chicken broth

1/4 teaspoon red chili flakes

1 large ham bones

1 1/2 cups ham cubes

1 1/4 cups black lentils (whole) urad dal

1 cup carrots, small diced

2 tablespoons chopped parsley

Per Serving (excluding unknown items): 401 Calories; 16g Fat (35.8% calories from fat); 31g Protein; 34g Carbohydrate; 15g Dietary Fiber; 47mg Cholesterol; 1572mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>