

Lentil Soup with Sausage

John Barron Orr, my dear dad



Servings: 12

This soup was a staple in my childhood - but only when we traveled to somebody else's house. My dad never made this at home. As I grew up and had my own home, Daddy would make this every holiday he visited, and he took great pride in tending the pot, tasting, adjusting and needed to hear that we all liked it. My daughter Dana didn't ever like soup. Period. So this was a difficult thing for her, but I think she finally decided once she reached adulthood that it wasn't so bad after all. I love this soup, and I almost always have the ingredients on hand. I prefer to use good, meaty bacon, and I think I prefer more thyme in it. This is my dad's approximate recipe - he never wrote it down - I just tried to watch him one time so I could make it myself. This is always better made a day ahead, and it freezes well.

- 1/2 pound bacon, chopped
- 2 whole onions, chopped small
- 3 stalks celery, with leaves, chopped
- 2 whole carrots, peeled and diced
- 1 1/2 pounds Italian sausage, casings removed, crumbled (or may substitute ground beef)
- 3 cloves garlic, minced
- 1 pound brown lentils, washed and drained
- 2 pounds canned tomatoes, with juice
- 8 ounces tomato sauce
- 2 tablespoons dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon red chili flakes
- 2 teaspoons salt, or more as needed
- 3 tablespoons Italian parsley, chopped, for garnish

Serving Ideas: You can also add ham if you would prefer it to the sausage to, but it certainly isn't necessary. If you don't have the carrots, that's fine too, and one onion will do if that's all you have on hand.

Per Serving (excluding unknown items): 415 Calories; 22g Fat (46.0% calories from fat); 21g Protein; 36g Carbohydrate; 6g Dietary Fiber; 52mg Cholesterol; 1048mg Sodium; 7g Total Sugars; trace Vitamin D; 80mg Calcium; 5mg Iron; 768mg Potassium; 247mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com