

Lentil Soup a la Jack Orr

Author: John Barron Orr, my dear dad

Carolyn T's
Cookbook

Servings: 10



1/2 pound bacon, chopped
2 whole onions, chopped
3 stalks celery, with leaves
2 whole carrots, diced
3 cloves garlic, minced
1 pound lentils, washed
2 pounds canned tomatoes, with juice
8 ounces tomato sauce
1 tablespoon dried oregano
1/2 teaspoon dried thyme
1 teaspoon chile pepper flakes
1 tablespoon salt

Serving Ideas: You can also add ground beef or ham if you would like 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.

Categories: Soups

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 328 Calories; 12g Fat (31.7% calories from fat); 21g Protein; 36g Carbohydrate; 16g Dietary Fiber; 19mg Cholesterol; 1294mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.

Notes: 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.

Description: My dad's homespun and hearty lentil soup

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 30 minutes

In a large, heavy pot sauté the bacon over medium heat until the fat is rendered. If you are using grocery store bacon, you may want to pour off some of the fat. If using meaty bacon, leave the fat in the pan. Add onions, celery, carrots and garlic and sauté until the vegetables are semi-transparent. Add the tomatoes, tomato sauce, herbs and chiles and lentils, then add water to about 1-2 inches above the level of the bean mixture in the pot. You may have to add additional water as the lentils cook.

Simmer for about 45 minutes or an hour until the lentils are completely cooked through, adding additional water if needed. Add salt to taste, and add pepper if desired.