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Yummy Lentil Soup

This deliciously satisfying soup recipe comes from Leslie Gray, Indianapolis Chapter Leader of The Weston A. Price Foundation (www.indywapf.org). She says you can eliminate the bacon in the recipe, and it still tastes great. Leslie prefers the French green lentils, but any variety of lentils would work in this recipe. When she makes the soup she gets her bacon (jowl) from The Swiss Connection (<http://www.swissconnectioncheese.com>) and makes homemade stock with chickens from Fernung Family Farm in Elwood, Indiana.

1 package Nitrate/Nitrite free bacon

2 cups chopped onion

2 cups chopped carrots

2 cups chopped celery

½ TB garlic – minced

2 cups dried lentils (soaked overnight in water with 2 Tablespoons whey or lemon juice, then rinse and drain)

8 cups homemade chicken broth

2 cups peeled, chopped potatoes

Celtic Sea Salt

Pepper

Cook bacon. Set aside. Reserve drippings.

Cook chopped onion, carrots, celery and garlic in bacon drippings until onion is translucent.

Stir in lentils, broth, potatoes, and seasonings.

Cover, boil, and then reduce heat to simmer for about 2 hours.

Puree with handheld blender if you like blended soups.

Crumple up cooked bacon and add to your soup.

Serves 6-8.

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