

Ham and Lentil Soup With Barley

Servings: 6 - 8 servings

Categories: SOUP

Source: Citizen Paper

Ingredients

- 1 Tbsp. Butter
- 1/2 cup chopped onion
- 1/2 cup thinly sliced celery
- 1 clove garlic, finely minced
- 6 cups canned chicken broth
- 2 cups diced cooked ham
- 3/4 cup diced carrots
- 2/3 cup dried green lentils, rinsed and drained
- 1/2 cup barley
- 1 bay leaf
- 1/2 tsp. Basil, crumbled
- 1/2 tsp. Rosemary, crumbled
- 1/4 tsp. Freshly ground pepper
- 1 can (14) oz. can diced tomatoes

Directions

1. Melt butter in a Dutch Oven or medium heat. Add onion and celery; sauté for 2 mins. Add garlic and sauté for 1 minute. Stir in next 10 ingredients (broth through pepper).
2. Bring to a boil. Reduce heat and simmer, covered, stirring occasionally, for 35 to 45 minutes or until the lentils and barley are tender. Stir in tomatoes and cook until heated through, about 5 minutes. Remove and discard Bay leaf.