



Healthy Food, Healthy Families
EFNEP
EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Slow Cooker Lentil and Ham Soup

1 cup dried lentils
1 cup chopped celery
1 cup chopped carrots
1 cup chopped onion
2 cloves garlic, minced
1½ cups diced cooked ham
½ teaspoon dried basil
¼ teaspoon dried thyme
½ teaspoon dried oregano
1 bay leaf
¼ teaspoon black pepper
32 ounces chicken broth
1 cup water
8 teaspoons tomato sauce



Nutrition Facts	
Serving Size (169g)	
Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 0.5g	3%
Cholesterol 10mg	3%
Sodium 450mg	19%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 10g	
Vitamin A 40%	Vitamin C 4%
Calcium 2%	Iron 10%

1. In a 3½ qt. or larger slow cooker, combine the lentils, celery, carrots, onion, garlic and ham.
2. Season with thyme, oregano, bay leaf and pepper.
3. Stir in the chicken broth, water and tomato sauce.
4. Cover and cook on low slow 11 hours.
5. Discard the bay leaf before serving.



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