



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BACON & LENTIL SOUP

Time: 30 minutes

Serves: 4

Ingredients:

6 slices bacon – cut into matchsticks
1 tablespoon extra-virgin olive oil
1 large onion – chopped
1 clove garlic – finely chopped or crushed
8 cups water
14 ounce can lentils – rinsed and drained
2 teaspoons kosher salt
¼ teaspoon fresh ground black pepper
2 teaspoons fresh or dried rosemary – chopped
10 ounces mixed broccoli & cauliflower florets
¼ cup Italian parsley - chopped

Preparation:

Place a heavy pan over medium-low heat and cook the bacon until crispy. Remove the bacon from the pan with a slotted spoon and set aside.

While the bacon is cooking, place a large pot over medium heat, add the olive oil, onion and garlic, stirring often for five minutes.

Add the water, lentils, salt, pepper and rosemary to the pot and turn heat to high. Bring to a boil then reduce to a simmer for ten minutes.

Add the broccoli and cauliflower to the pot and simmer for five more minutes.

Remove from heat then stir in the bacon and parsley, serving immediately.

Nutritional Information Per Serving:

Calories: 255
Fat: 10g
Carbs: 29g
Fibre: 11g
Protein: 16g