

A recipe from

DAD'S COOKBOOK



Rating:



Welfare Soup

Loose Guidance From "Cordon Bubba"

Always have month left over at the end of your money? Cold weather got you down? Good reasons to make this soup...

*1 Tbsp light olive oil
1 yellow onion, diced
1 lb ground turkey (or ground beef)
1 lb lentils, rinsed
1 can (28 oz) peeled tomatoes
2 lb frozen mixed vegetables
kosher salt and freshly ground black pepper
ketchup, to taste
hot sauce (Tabasco, Crystal, Bufalo, etc.), to taste
3 oz mild or medium salsa, for garnish*

Heat oil in a large soup pot over medium-high heat. Sauté onion for a couple of minutes, then add the meat and cook until browned. Add lentils, tomatoes and vegetables. Add enough water to cover. Season with salt, pepper, ketchup and hot sauce. Bring soup to a boil, then cover and simmer for 30-45 minutes. Stir occasionally.

This could be called "clean the fridge soup" as well. Put in leftover veggies, bits of steak or other meat looking for a home. You can use barbeque sauce to season as well.

Yield: Six to eight servings, depending on what you add from the fridge

Preparation time: 15 minutes

Cooking time: 45 minutes to 1 hour

