

**Italian Lentils** By: JP Giliberto, DMS Year I

1 lb of dry lentils  
¼ c olive oil  
1- 1.5 lb ground beef  
½ cup dry white wine (optional)  
3 Chopped Carrots  
3-4 Chopped Celery stalks  
2-3 Potato Cubed  
1 large Chopped Onion ( or two small ones)  
3 Clove of Garlic  
Salt & Pepper to taste  
Dry Parsley 2 or so tablespoons  
2-Bay Leaves  
Small pasta (optional)

If using dry Lentils start a pot of water boiling (NO SALT) boil for about 20 minutes, In the olive oil sauté Carrots, Celery, Onions, and garlic in a large stock pot on medium heat for about 5-8 min or the vegetables begin to soften. Turn heat to medium hi, add the ground beef and cook until beef loses its pink color about 5 mins.

IF using wine → [ Once beef is no longer pink, turn heat back to medium and add the white wine and evaporate the water until it is mostly absorbed into the meat, about 5 min.]

Add the potatoes, the boiled lentils AND the lentil water, to the large stock pot with the vegetables. Add more water to the pots until it covers ingredients. Salt & Pepper slightly, Add the Bay Leaf and parsley.

Bring to a boil and stir...reduce heat and simmer for about 20 mins for firm crunchy lentils, 25-35 minutes for slightly crunchy but still soft, 35—50 mins for mushy lentils

Watch that the water level does not get so low that it uncovers the ingredient, if it does add some hot water.

If you are using pasta put start to cook it about 7 mins prior to when you are expect your soup to be done. Cook the pasta 2 min prior to being done(~5 mins total for small pasta) and the pasta and some of the past cooking water to the soup.

Serve with a little parmesan cheese if desired.

My Nonna varies it up, and she sometimes add other spices & Vegetables for a change including Basil, Thyme, Corriander, Curry, Chili Flakes, chopped Leeks, Mushrooms, Sage, Chopped Grilled Chicken (at the end), Chopped Fresh Fennel or a little bit of Cilantro.