

Ham and Lentil Soup

Submitted by Val Gillman

- 2 smoked ham shanks
- 1 – 16 oz bag of dried lentils
- 2-3 Bay leaves
- 1 cup chopped celery with leaves
- 2 cups diced carrots
- 2 cups diced potatoes

Adjust seasonings to your tastes:

- 1 tsp pepper
- 2 tea dried marjoram
- 1 tea allspice
- 2 tea cumin
- 1 tea ground savory
- 1 tea cardamon
- 1 tea onion powder
- 1/2 tea garlic powder
- 1 tea smoked paprika
- 1 tea dried thyme

Place in crock pot and cover with 10-12 cups of water (or you can do half and half: water/chicken stock)
Cook on high for 3 hours, Turn to low for two hours. Remove ham shanks and pull off meat, returning it to the soup. Adjust any seasoning to your tastes.