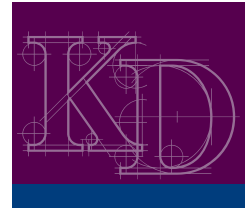


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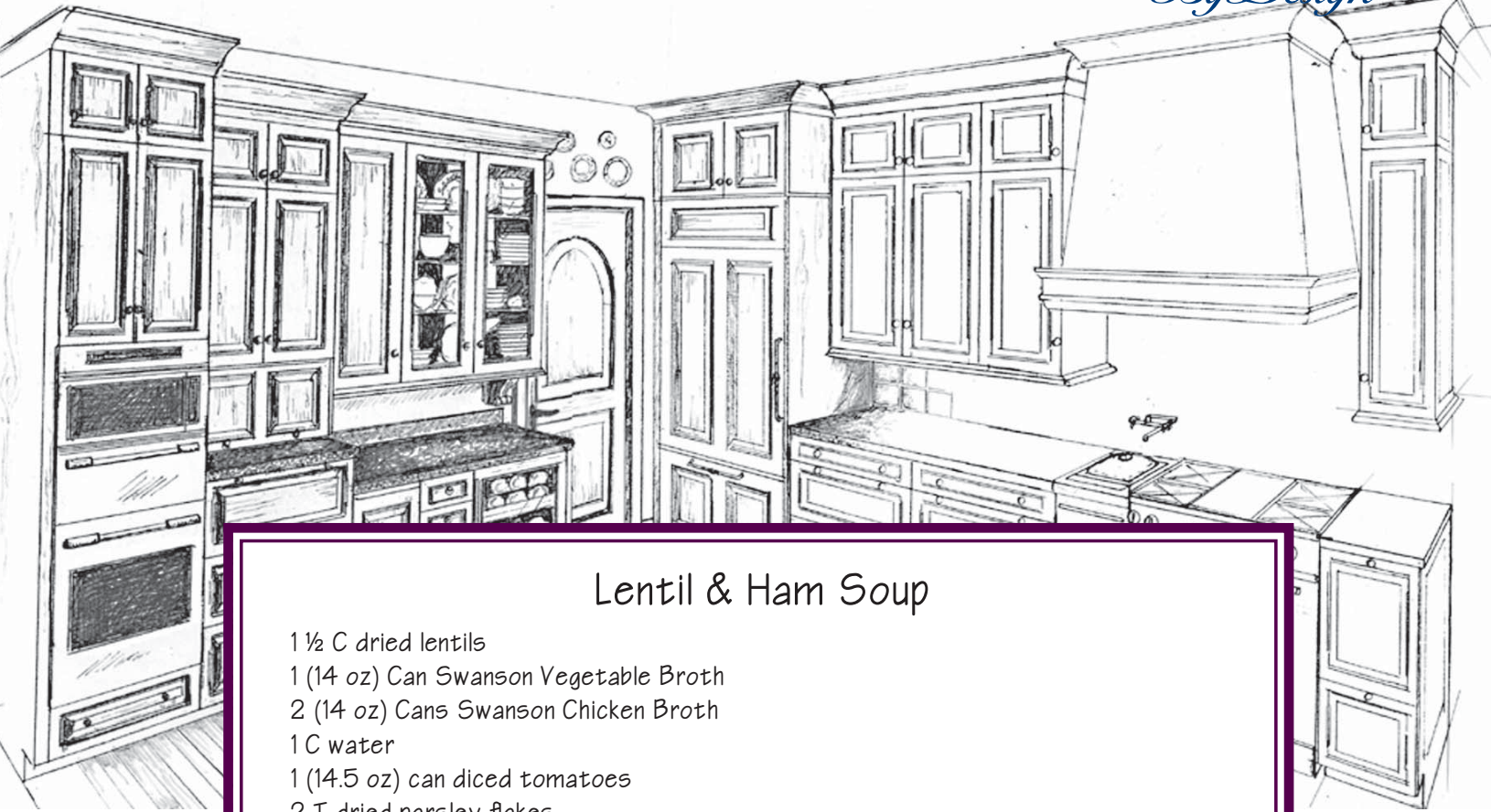
WENDY MAYES, CKD, ASID

# Professional Designers, Avid Cooks

... a winning combination!



JAN PARKER'S KITCHENS *By Design* L.L.C.



## Lentil & Ham Soup

- 1 ½ C dried lentils
- 1 (14 oz) Can Swanson Vegetable Broth
- 2 (14 oz) Cans Swanson Chicken Broth
- 1 C water
- 1 (14.5 oz) can diced tomatoes
- 2 T dried parsley flakes
- 1 large onion, finely chopped
- 1 medium carrot, thinly sliced
- 1 large potato, peeled and cubed small
- 1 bay leaf
- ½ to 1 tsp salt
- ¼ tsp pepper
- 1 clove garlic
- 2 cups chopped, cooked ham

Combine all in large dutch oven. Bring to boil. Cover, reduce heat, and simmer 1 ½ hours. Remove bay leaf.

1824 E. Douglas, Wichita, KS 67214

316-265-2577

Fax 316-265-0522

For more of our favorite recipes, visit our web site at [www.JanParkersKitchens.com](http://www.JanParkersKitchens.com)