



## Braised Lentils

*Adapted from Elizabeth Bard, Lunch in Paris*

BAH Note: I mostly eat lentils with salad greens but I like Elizabeth's suggestion of topping them with a dollop of sour cream and serving it with a pan fried or broiled salmon fillet.

- 1 cup french green lentils
- 1 carrot, roughly chopped
- 1 medium onion, roughly chopped
- 2 1/2 to 3 cups chicken broth
- 1/4 pound bacon, cut into lardons

Cook the bacon lardons in a dutch oven set over medium heat until well browned. Using a slotted spoon, transfer the cooked bacon to a small bowl and set aside.

Add the carrot and onions to the bacon drippings in the dutch oven and cook for approximately 10 minutes until the vegetables start to become tender and the onion is translucent. Add the lentils to the dutch oven and stir them to completely coat them in bacon drippings. Add the broth, stir to combine, then partially cover the dutch oven and let the lentils cook on low heat until the lentils are tender and most of the liquid has been absorbed, approximately one hour.

Add the bacon to the lentils and taste for seasoning. Add salt and pepper to taste and finish with a light drizzle of olive oil.

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