

Beef Lentil Soup

1 lb. ground beef
1 quart water
1 cup dried lentils, rinsed
2 cups chopped cabbage
1 cup sliced carrots
1 cup sliced celery
1 cup chopped onion
½ cup diced green pepper
½ teaspoon pepper
½ teaspoon dried thyme
1 bay leaf
1 teaspoon salt, optional
2 beef bouillon cubes, optional
1 package (10 ounces) frozen chopped spinach, thawed

In a large kettle, brown ground beef. Drain. Add water, lentils, cabbage, carrots, celery, onion, green pepper, pepper, thyme and bay leaf. Also add salt and bouillon if desired. Bring to a boil. Reduce heat and simmer, uncovered, for 1 to 1 ½ hours or until the lentils and vegetables are tender. Add spinach and heat through. Remove bay leaf.