



Total Time
70 MIN.

Serving Size

Difficulty
MEDIUM

Here's a soup that tastes like a gourmet meal – with Canada's favourite dish baked right on top!

Yields
12



Tip

Tip: Homemade oven fries: Cut 3 medium russet potatoes into 1/2-inch (1 cm) thick sticks and toss with 2 tbsp (30 mL) oil, 1 tsp (5 mL) salt and 1/4 tsp (1 mL) pepper. Spread onto parchment paper-lined baking sheet; bake in 425°F (220°C) oven, turning halfway through cooking time, for 25 to 30 minutes or until crisp and golden, turning fries after 15 minutes.

INGREDIENTS

WEIGHT

MEASURE

vegetable oil, divided	1/4 cup	60 mL
medium ground beef	2 lb	1 kg
chopped onions (10 oz/285 g)	2 cups	500 mL
diced celery (4.4 oz/125 g)	1 cups	250 mL
diced carrots (5 oz/142 g)	1 cups	250 mL
minced garlic	2 tbsp	30 mL
each dried thyme and oregano	2 tsp	10 mL
salt, divided	1 3/4 tsp	9 mL
pepper	2 tsp	10 mL
tomato paste	1/4 cup	60 mL
reconstituted Low Sodium Chicken Stock	2 cups	500 mL
red wine	1 cup	250 mL
lentils, drained	2 cans (19 oz each)	2 cans (540 mL each)
diced tomatoes	1 can (28 oz each)	1 can (796 mL each)
prepared frozen French fries	3 lb	1 kg
cheddar cheese curds	3 cups	750 mL
chopped fresh parsley	1/2 cup	125 mL



INSTRUCTIONS

1. Heat 2 tbsp (30 mL) oil in Dutch oven set over medium-high heat; cook beef for 8 to 10 minutes or until browned. Drain and transfer to plate.
2. In same pan, heat remaining oil; sauté onions, celery, carrots, garlic, thyme, oregano, 1 1/2 tsp (7 mL) salt, and pepper for about 10 minutes or until tender. Add tomato paste; cook for 2 minutes.
3. Add chicken stock, wine, reserved beef, lentils and tomatoes to pan; bring to boil. Reduce heat to medium-low; simmer for about 30 minutes or until mixture thickens.
4. Preheat broiler. Ladle beef mixture into ovenproof serving bowls; top with French fries tossed with remaining salt and cheese curds. Broil for 3 to 4 minutes or until cheese is melted and bubbly. Sprinkle with chopped parsley.