



Smoky Ham Hock & Lentil Stew

Protein: Smoked Ham Hocks | Method: Stovetop

Earthy lentils and smoky ham — the ultimate fall comfort.

Ingredients:

- 2 smoked ham hocks
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 garlic cloves, minced
- 1 tbsp olive oil
- 1 ½ cups lentils, rinsed
- 6 cups broth
- 1 tsp thyme
- 1 tbsp sherry vinegar (or red wine vinegar)



Instructions:

1. Rinse ham hocks under cool water and pat dry. This helps balance the saltiness.
2. In a large Dutch oven or soup pot, heat olive oil over medium heat.
3. Add onion, carrots, and celery. Sauté for 5–7 minutes, stirring occasionally, until softened and fragrant.
4. Stir in garlic and cook 1 minute more.
5. Add ham hocks, broth, thyme, and bay leaf. Bring to a boil.
6. Reduce heat to low, cover partially, and simmer gently for 1 ½ hours. Skim foam or excess fat.
7. After 1 ½ hours, remove the ham hocks and set them aside to cool slightly.
8. Stir lentils into the simmering broth. Cook uncovered for 30–40 minutes, until lentils are tender but not mushy. Stir occasionally and add extra broth if needed.
9. Once ham hocks are cool enough to handle, remove skin and bones. Shred the meat into bite-sized pieces. Return shredded meat to the pot.
10. Discard skin, bones, and bay leaf.
11. Stir in vinegar to brighten flavors. Taste and season with salt and black pepper as needed.
12. Simmer 5 more minutes, then ladle into bowls.

Nevada Farm Fact: Some Nevada ranches measure in the tens of thousands of acres. Life here is truly cowboy country, where open space and big skies stretch as far as the eye can see.

