



SAUSAGE LENTIL SOUP

Preparation time: 20 minutes, Cook time: 1hour 10 minutes, Total time: 1 hour 30 minutes, Servings: 8 bowls, Calories: 428 kcal Author: Becky Hardin

This sausage and lentil soup recipe is filled with lots of veggies, inspired by Carrabba's well-loved soup.

Ingredients:

- 1-pound Italian sausage hot or sweet or turkey sausage or ground beef.
- 3 cloves garlic minced.
- 1 onion diced.
- 1 rib celery chopped.
- 2 carrots chopped.
- 1 zucchini chopped.
- 5 cups low-sodium chicken broth
- 2 cans diced tomatoes (2 (14.5-ounce) cans) 29 ounces total.
- 2 cups dry brown lentils rinsed and sorted.
- 2 teaspoons kosher salt
- 2 teaspoons ground black pepper

Preparation:

1. In a large skillet, brown the sausage over medium-high heat, crumbling as you cook. When the sausage is almost done, add in the garlic and allow it to cook. In a large Dutch oven, combine all the ingredients (including the cooked sausage and garlic) and bring to a boil. Reduce the heat to a simmer and cover. Simmer for about 1 hour, or until the lentils are tender. If the soup is too thick, add water to thin to desired consistency.

NOTES: You can beef up this soup with just about any veggies you like. Bell peppers and mushrooms are a personal favorite. I also love adding chopped kale or spinach in the last 3-5 minutes of cook time for a delicious, healthy addition. For a lighter option, swap the ground sausage for ground turkey! Cook then lentils until they are tender and just beginning to split; you don't want them to turn mushy!

Storage: Store sausage lentil soup in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

NUTRITION: Serving: 1 bowl | Calories: 428kcal | Carbohydrates: 40g | Protein: 25g | Fat: 19g | Saturated Fat: 7g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 9g | Cholesterol: 43mg | Sodium: 1209mg | Potassium: 1070mg | Fiber: 17g | Sugar: 6g | Vitamin A: 3201IU | Vitamin C: 18mg | Calcium: 94mg | Iron: 6mg

