

# Lentil and Black Bean Soup with Italian Sausage

Yield: 5 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/bean-soup-with-italian-sausage-recipe>

## Ingredients:

- 1/2 pound ground Italian sausage mild or spicy
- 2 tablespoons extra virgin olive oil
- 1/2 large onion roughly chopped
- 2 celery stalks sliced
- 2 carrots peeled and sliced
- 2 garlic cloves peeled and minced
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 1/2 teaspoons smoked paprika
- 1/2 teaspoon chili powder
- 1 bay leaf
- 14 1/2 ounces diced tomatoes
- 15 ounces black beans drained and rinsed
- 1 cup lentils
- 4 cups low sodium chicken broth
- 3 cups water
- 1/2 cup fresh parsley roughly chopped
- fresh parsley roughly chopped
- tortilla chips
- lime wedges

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 35 milligrams
4. Fat: 23 grams
5. Fiber: 21 grams

6. Protein: 28 grams
  7. SaturatedFat: 6 grams
  8. Sodium: 1250 milligrams
  9. Sugar: 6 grams
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