

Spicy Sausage, Lentil, and Tomato Soup

Yield: 7 min

Total Time: 105 min

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

Ingredients:

- 2 teaspoons olive oil or more, depending on your pan
- 1 onion chopped small
- 1 cup diced celery finely
- 1 tablespoon minced garlic or less, but I like a lot of garlic in this
- 1/2 teaspoon hot red pepper flakes more or less to taste
- 1/2 teaspoon dried thyme
- 1 teaspoon oregano dried Greek or Turkish, or regular oregano will work, but don't use Mexican oregano
- 1 teaspoon fennel seed ground, optional, but this really adds to the flavor
- 19 1/2 ounces italian sausage hot turkey, check the label to find turkey Italian sausage with less than 10% fat for South Beach Diet
- 8 cups chicken stock or use 5 cans chicken broth; 14.5 oz. can, and freeze the extra 8 oz.
- 3 cans tomatoes with juice petite dice, 14.5 oz. can
- 1 1/2 cups brown lentils dried
- 2 bay leaves dried
- ground black pepper
- salt
- fresh parsley chopped, for garnish, optional

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 70 milligrams
4. Fat: 29 grams
5. Fiber: 15 grams
6. Protein: 31 grams
7. SaturatedFat: 9 grams

8. Sodium: 1220 milligrams

9. Sugar: 9 grams

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