

Lentil and Sausage Soup with Cabbage

Yield: 9 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-brand-links-recipe>

Ingredients:

- 6 cups water
- 10 cups homemade chicken stock chicken broth, or water with chicken soup base
- liquid a lot of the, will cook off
- 3 1/2 links precooked sausage, cut into small pieces, about 2 cups diced sausage
- 2 cups brown lentils
- 1 cup diced onion finely
- 1 cup celery finely diced
- 1 cup carrots finely diced
- 3 cups cabbage coarsely chopped
- 2 1/2 bay leaves
- 2 tablespoons minced garlic or less, but I love garlic
- dried thyme 2 tsp.
- ground cumin 1 tsp.
- 2 tablespoons tomato paste I used the type from a tube

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 15 grams
6. Protein: 20 grams
7. Sodium: 450 milligrams
8. Sugar: 8 grams

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