

Italian Lentil Soup with Sausage

Yield: 6 min
Total Time: 40 min

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

Ingredients:

- 16 ounces italian sausage or Cajun, sliced
- 3 tablespoons extra-virgin olive oil
- 1 onion medium, chopped
- 1 large carrot chopped
- 1 stalk celery
- 8 cups chicken broth /vegetable broth
- 1 cup water
- 16 ounces lentils
- 2 medium potatoes peeled and cut in 1" cubes
- 1 tomato peeled and finely diced
- 3 cloves garlic minced
- 2 tablespoons salt to taste
- freshly ground black pepper to taste
- 1 teaspoon dried oregano
- fresh parsley chopped

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 55 milligrams
4. Fat: 34 grams
5. Fiber: 26 grams
6. Protein: 39 grams
7. SaturatedFat: 9 grams
8. Sodium: 3030 milligrams
9. Sugar: 4 grams

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