

Lentil Soup with Italian Sausage and Escarole

Yield: 7 min
Total Time: 45 min

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

Ingredients:

- 1 2/3 cups lentils 11 ounces, rinsed well
- 5 cups water
- 3 1/2 cups reduced sodium chicken broth
- 1 California bay leaf Turkish or 1/2
- 4 garlic cloves finely chopped, divided
- 2 tablespoons extra-virgin olive oil
- 1 pound sweet italian sausage links, cut into 1-inch pieces
- 1 onion medium, finely chopped
- 2 carrots medium, finely chopped
- 2 celery ribs finely chopped
- 2 tablespoons tomato paste
- 1/2 pound escarole chopped, 4 cups packed
- 2 tablespoons red wine vinegar

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 33 grams
3. Fat: 4.5 grams
4. Fiber: 16 grams
5. Protein: 14 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 350 milligrams
8. Sugar: 3 grams

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