

Rustic Lentil Soup

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1 tablespoon olive oil
- 2 ounces pancetta cubed
- 2 cloves garlic minced
- 1 cup yellow onion chopped
- 1 cup carrots peeled and sliced, about 2 medium carrots
- 1 cup celery chopped, about 2 stalks
- 1/2 teaspoon fresh thyme
- 1/2 teaspoon fresh oregano chopped
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon fresh ground black pepper
- 1 teaspoon salt
- 1 cup tomato sauce
- 6 cups chicken stock plus more, if needed
- 2 fresh bay leaves
- 1 1/2 cups lentils rinsed and drained
- 1 potato peeled and diced
- 2 Italian sausage sweet or hot

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 60 milligrams
4. Fat: 28 grams
5. Fiber: 28 grams
6. Protein: 44 grams
7. SaturatedFat: 7 grams
8. Sodium: 1980 milligrams
9. Sugar: 19 grams

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