

Spicy Vegetable Italian Lentil Soup

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 7 1/2 cups chicken stock
- 1/2 cup dry white wine
- 14 1/2 ounces roasted tomatoes diced, with garlic canned
- 1 cup lentils brown or green rinsed, check for stones and discard
- 4 tablespoons olive oil extra virgin
- 1 tablespoon unsalted butter
- 1 onion large chopped
- 3 stalks celery chopped
- 2 carrots large chopped
- 3 small red potatoes cut into small chunks
- 3 cloves garlic finely minced
- 2 tablespoons fresh parsley coarsely chopped
- 1 tablespoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried dill
- 2 bay leaves
- 1/2 teaspoon freshly ground pepper
- sea salt Quanto basta, to your taste
- 12 ounces kielbasa spicy, sliced in half and in half moons.
- Parmesan rind optional if you have a piece, add it in.
- grated Parmesan cheese optional
- chopped parsley optional

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 85 milligrams

4. Fat: 39 grams
 5. Fiber: 21 grams
 6. Protein: 45 grams
 7. SaturatedFat: 10 grams
 8. Sodium: 2160 milligrams
 9. Sugar: 14 grams
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