

Lentil Sausage Soup

Makes TEN 1.5 cup servings.

A great recipe for parties—can be made a day or two ahead.



Soup Ingredients

- 4 Tbsp. Butter
- 1 Onion – diced
- 1.5 Cups Carrots – diced
- 2 or 3 large Leeks, white part only, diced *(3 if you like it flavorful)*
- 1 Cup Celery – diced
- 2 Quarts chicken broth
- Sausage browned with ingredients shown at right
- 3-4 Tbsp. Dijon Mustard *(4 if you like the flavorful zip of Dijon)*
- 2-3 Tbsp. Red wine vinegar *(3 if you like the flavor)*
- 2.5 Cups (1 pound) Organic RED Dry Lentils. *(Green lentils will only work if you make the soup in a pressure cooker.)*
- 1 Cup 2% Milk *(or even Almond milk for those who are lactose intolerant)*
- A little salt and pepper to taste
- 2 Cups spinach chiffonade *(Fresh spinach cut into thin strips)*

Directions

- a. Rinse lentils and soak for 2-5 hours in plenty of cool water. Drain and rinse again after soaking.
- b. Melt butter and sauté vegetables; onions, carrots, leeks and celery until softened. *
- c. Add sautéed vegetables to pot, along with chicken stock and rinsed and drained lentils.
- d. Brown turkey sausage ingredients breaking into large bite size pieces.
- e. Drain on paper towel and add to broth.
- f. Bring to a boil.
- g. Reduce heat to simmer & cook for approximately 50 minutes or until lentils are cooked.
- h. Add mustard, red wine vinegar, milk, salt and pepper.
- i. Cook an additional 10 minutes – adjust seasonings to taste.
- j. Add spinach, simmer 30 seconds and serve.

* Add diced peppers (red/yellow/green) &/or mushrooms if desired.

Sausage Ingredients

- 1 tsp Oregano
- 1 tsp Basil
- ½ tsp Garlic powder
- ½ tsp cracked fennel seed *(optional)*
- 1 Lb. lean ground turkey *(1.25 pounds if you like more meat)*



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Estimated
Glycemic Load

8

1.5 cup
serving

Nutrition Facts	
Serving Size 251 g	
Amount Per Serving	
Calories 254	Calories from Fat 73
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 431mg	18%
Total Carbohydrate 27g	9%
Dietary Fiber 12g	48%
Sugars 4g	
Protein 18g	
Vitamin A 118%	Vitamin C 21%
Calcium 11%	Iron 22%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com