

Lentil with Turkey Sausage & Vegetable

About 6-8 Servings

Ingredients:

Olive oil
1 turkey sausage (regular or hot flavor)
1 medium onion
2 cloves of garlic
1 stick celery
1 red bell pepper (core & seeds removed)
1 cup cubed carrots
2 cups dry lentils

48 Fl. oz vegetable broth
1 14.5 oz. can diced tomatoes
4 tablespoons dry sherry
1 teaspoon paprika
1 teaspoon cumin
Salt & pepper to taste
Red pepper flakes to taste

Parmesan cheese (topping)



Instructions:

Mince onion, garlic, celery, and red bell pepper. Cut turkey sausage into small 1 inch pieces.

Add a few tablespoons of olive oil in a large soup pot and on medium heat, cook turkey sausage until lightly browned.

Add another 1-2 tablespoons of olive oil and add the onion, garlic, celery and bell pepper. Saute on medium heat until softened, about 8 minutes.

Add the carrots and lentils to pot and cook on medium heat for about 3 minutes.

Add broth, tomatoes, sherry and spices, cover and simmer until lentils and carrots are softened, about 30 minutes.

Serve with a sprinkle of grated Parmesan cheese.

Cooking Tips:

- You can use green, red or any color of lentils. Unlike other pulses, lentils do not need to be pre-soaked and cook in less than 30 minutes. We love truRoots Sprouted Green Lentils which are organic and non-GMO.
- For vegetarians, the soup can be prepared by eliminating the turkey sausage. Just keep in mind that the sausage adds flavor to the soup.

