



Lentil Soup with Spicy Italian Sausage

A hearty and satisfying soup that is a one course meal

Ingredients

- 2 tbsp. olive oil
- 1lb fully cooked hot Italian Sausage cut in ½" cubes
- 1 large onion, chopped (about 3 cups)
- 2 large carrots peeled, chopped
- 2 large parsnips, peeled, chopped (or potatoes)
- 2 large celery stalks chopped
- 2 ½ tsp. **Super Garlicky Italian Seasoning**
- 1lb green (or brown) lentils
- 3 quarts (or more) low-salt chicken broth
- 1 8oz pkg baby spinach leaves



Directions

Heat oil in large pot over medium high heat. Add sausage and cook until browned, stirring occasionally, about 5 minutes. Using slotted spoon, transfer sausage to bowl. Add onion, carrots, parsnips, celery and Italian seasoning blend to drippings in pot; cook until onion is translucent and vegetables begin to soften, stirring often, 7-8 minutes.

Add lentils; stir to coat. Add 3 quarts broth. Bring to boil; reduce heat to simmer until lentils are cooked; stirring occasionally and adding more broth by ¼ cups if soup is too thick; about 20 minutes.

Add sausage to soup and simmer until vegetables are tender and flavours blend, 10-12 minutes. Season to taste with salt and pepper.

Stir in spinach. Cook until spinach is wilted, about 3 minutes.

Adapted from BonAppetit



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