

Spinach and Sausage Lentil Soup

Servings: 9 (1 cup per serving)

Source: Adapted from Kalyn Gensic from Taste of Home by Extension Master Food Volunteers

A great chilly weather staple that combines multiple affordable ingredients for flavor and ease. A great dish when you need to feed a crowd, and is a great source for plant-based protein and fiber.

To reduce the sodium in this recipe, use unsalted chicken broth or bone broth.

INGREDIENTS

1 pound ground pork or turkey sausage
1 small onion, diced
2-3 cloves garlic, minced
1/4 teaspoon red pepper flakes
1 cup dried brown lentils, rinsed
1 (15 ounce) can cannellini beans, drained and rinsed
4 cups reduced-sodium chicken broth
1 cup water
1 (14.5 ounce) can fire-roasted diced tomatoes, undrained
6 cups fresh baby spinach (about 4 ounces)
Crumbled goat or feta cheese, optional

DIRECTIONS

1. In a large stockpot, break up the sausage into crumbles and cook over medium heat about 5-7 minutes, until no longer pink. Add onion, garlic, and red pepper flakes and cook for another minute. Drain any remaining grease by carefully blotting it from the pan with a paper towel.
2. Add lentils, beans, broth, and water, and bring to a boil. Reduce heat to simmer, covered, until lentils are tender, about 30 minutes. Stir in canned tomatoes and heat through.
3. Remove from heat and stir in spinach until wilted.
4. Top with crumbled feta or goat cheese if desired.
5. Refrigerate leftovers in airtight shallow containers within 2 hours.

Nutrients Per Serving:

**Does not include optional cheese*

300 Calories | 14g Fat (4.5g Saturated) | 27g Carbohydrates | 0g Added Sugar | 19g Protein | 780mg Sodium | 7g Fiber