

PATTY SCARDINO'S LENTIL SOUP

2 Links Italian sausage (chicken, turkey or pork) casings removed
1 Tbl Olive oil
Red pepper flakes
3 cloves minced garlic
1 medium onion diced
2 stalks celery diced
1 C carrots diced
1 bag dry lentils rinsed and drained
1 bay leaf
2-3 sprigs fresh thyme
1 14 oz can diced tomatoes
4-6 cups chicken or vegetable broth
Salt and Pepper to taste
Yield: 6-8 servings

In a large pot or dutch oven, on medium heat, brown sausage breaking it up into small pieces. Remove sausage and set aside.

Add 1 tbl olive oil to hot pan, add red pepper flakes. Toss in onions, garlic, celery and carrots. Cook until onions are translucent (2-3 mins) do not brown. Season with salt and pepper to taste.

Add bay leaf, and thyme, stir through. Add lentils and cook together for a minute or two. Add sausage back into pot and stir, combining ingredients.

Add diced tomatoes, stir.

Add 4 cups broth and combine ingredients. Cover pot, and bring up to a boil. Take pot down to a simmer, and cook covered for approximately 1- 1 ½ hours. Check for seasoning and make sure lentils are cooked through and tender. If soup is too thick, add broth as needed.

For vegan/vegetarian version omit sausage and use vegetable broth. Soup freezes very well.

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