Early Spring Lentil Soup

directions

1. Place rinsed lentils, water, and chicken broth in a large pan. Stir in chopped onion or shallot. Add salt and pepper to taste. Cook over medium heat until mixture comes to a boil, then reduce to a simmer. Stir often. Cooking for about 30 minutes until lentil are softened, but not falling apart. Add more water if needed to keep mixture brothy.
2. While lentils are cooking put bread crumbs, garlic powder, parsley flakes, Italian seasoning, salt, and pepper in a mixing bowl.
3. Add in ½ lb sausage & egg. Using hands combine the ingredients until well mixed. Form into 16-18 small sausage meatballs.
4. Brown meatballs in olive oil over medium heat until well browned. Set aside.
5. Add chopped tomatoes to lentils and stir well. Add in chopped greens, stirring to combine as you add to the pan.
6. Add meatballs to the lentils and cook for few minutes until soup is hot and bubbly. Taste and adjust seasonings.

notes

This is a wonderful soup for a light dinner when the evenings are still a bit cool but the days are warming. It is cozy and fresh and has lots of healthy ingredients.

Shredded cheddar or Swiss cheese is also a good topping along with a dollop of plain yogurt or sour cream.

to serve

Serve soup in bowls topped with crumbled feta cheese if desired.

4 - 6	20 min	35 min
servings	prep time	cook time

ingredients

½ lb Swaggerty's Farm roll sausage

1 cup bread crumbs

1 tsp garlic powder

1 tbsp dried parsley flakes

1 tbsp dried Italian Seasoning

Salt and pepper to taste

1 egg

Olive oil

1 cup dried lentils, rinsed, and drained

3 cups water

1 can (14.5 oz) low fat chicken broth

1 small onion or shallot chopped

1 (28 oz) can whole tomatoes, drained, and chopped (save the juice for another recipe)

2 cups chopped fresh greens such as collard greens, chard, bok choy, spinach, kale

Garnish with crumbled feta cheese if desired, or any of your favorite cheeses

Pairs well with: A baguette, corn muffins, cheese toast

Special Kitchen Tools: N/A