

Spicy Sausage Lentil Soup

from *Cathy's Kitchen*

INGREDIENTS

1½ tbsp avocado oil
1 onion, chopped
3 garlic cloves, grated
2 celery stalks, sliced
16 oz mild Italian sausage
1 28oz diced drained tomatoes,
8 cups chicken stock
6 cups water
2 cups green lentils
2 tablespoons home-made Italian seasonings blend
2 Bay leaves
pinch or two red pepper flakes
2 carrots, peeled and sliced
2 potatoes, peeled and diced
salt and pepper, to taste



INSTRUCTIONS

In large heavy saucepan, heat oil over medium heat; add onion and grated garlic. Cook for 5 minutes, stirring occasionally. Add celery and sausage; cook for 5 minutes, stirring occasionally.

Add stock, water, lentils, tomatoes, and spices; bring to a boil. Reduce heat, cover partially and simmer for 30 minutes. Add carrots and potatoes; cover partially and simmer, stirring occasionally, for 35 minutes or until lentils are tender. Season with salt and pepper to taste.

