



Turkey Sausage & Lentil Soup

Prep: 12 minutes

Cook: 55 minutes

Makes: about 16 cups

- 1 tablespoon olive oil
- 2 medium carrots, chopped
- 2 medium celery ribs, chopped
- 1 medium yellow onion, chopped
- 1 package (14 ounces) smoked turkey sausage, halved lengthwise and sliced ¼-inch-thick
- 1 package (8 ounces) sliced mushrooms
- 2 cans (14 ounces each) no salt added diced tomatoes
- 1 package (16 ounces) lentils
- 8 cups low sodium chicken broth
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup shredded Parmesan cheese

In large saucepot, heat oil over medium-high heat. Add carrots, celery and onion, and cook 5 to 7 minutes or until vegetables are almost tender, stirring occasionally. Add sausage and mushrooms, and cook 5 to 7 minutes longer or until vegetables are just tender, stirring occasionally. Stir in tomatoes, lentils, broth and seasonings and heat to simmering. Reduce heat to medium and simmer 45 to 55 minutes or until lentils are tender. Serve soup sprinkled with cheese.

*Approximate nutritional values per serving (each 1½ cups):
253 Calories, 5g Fat (18% of total calories), 1g Saturated (4% of total calories), 24mg Cholesterol, 658mg Sodium, 33g Carbohydrates, 13g Fiber, 22g Protein*

*Dietary Exchanges:
2 Starch; 3 Protein; 1 Fat*