

THE OTHER SIDE OF THE SPATULA

Living a Tasty Life with Donna DelCora

Lentil Soup with Italian Sausage

Serves: 6-8 as a main course

Ingredients:

1 pound Italian Sausage, casings removed (buy good quality)
1 large onion, chopped
3 stalks celery, finely chopped
2 large carrots, chopped
7 cups chicken stock (preferably homemade)
28 ounce can of San Marzano DOP plum tomatoes, crushed
3 garlic cloves
2 teaspoons salt
2 cups dry lentils
Ground black pepper
Crushed red pepper flakes
Fresh chopped basil
Fresh chopped parsley
Thyme



Directions:

1. Heat a large, heavy Dutch oven. Break up the sausage meat and saute until browned and crumbly. When cooked, drain off the excess fat and then add 3 tablespoons of olive oil.
2. Add the onion, garlic, celery, and carrots to the sausage mixture. Cook together for about 3 minutes.
3. Add the chicken stock, crushed tomatoes, salt, red pepper, basil, parsley, and thyme. Bring the soup to a slow boil, and then add the lentils. Cook for approximately 60 minutes or until lentils are tender. (If soup becomes too thick, add additional chicken stock or water)

Serving Suggestions:

This soup becomes a complete meal paired with a simple Arugula salad dressed with sea salt, EVOO, lemon juice, and garnished with parmesan shavings.

Check out my simple no-knead bread recipe on the blog. It cooks up crusty with a tender inside the dough. Dip in seasoned oil or use to dip in the soup.

Dessert? Check out my recipe for Ricotta Torta with Pistacchio and Chocolate. Torta can be prepared two days ahead. Don't feel like baking? Try my simple recipe for purchased vanilla ice cream with Luxardo cherries.