



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.

4 - 6 <i>servings</i>	20 min <i>prep time</i>	35 min <i>cook time</i>
ingredients		
½ lb Swaggerty's Farm roll sausage		
1 cup bread crumbs		
1 tsp garlic powder		
1 tbs dried parsley flakes		
1 tbs 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		

To Serve

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

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