

Savory Lentil Soup (Makes 4 servings)

- 8 ounces of low-fat turkey kielbasa or sausage
- 1½ Tablespoons olive oil
- 1 small onion, finely chopped
- ½ cup of red lentils, rinsed
- 1½ cups lower sodium chicken broth
- 1½ cups water
- 1 cup kale or other dark greens, chopped into small strips
- 1 Tablespoon balsamic vinegar

In medium soup pot, brown turkey kielbasa or sausage in a dry pan, or if needed, in 2 teaspoons of olive oil (okay if meat sticks to the pan a little). Remove the browned meat and set aside. In the same pan, sauté the garlic in the remaining 2 teaspoons of olive oil, then add the chopped onion and sauté until soft (approximately 5 minutes). Add the lentils, broth, water and sausage. Simmer, covered, for 30 minutes. Add the greens and simmer 5 additional minutes. Stir in 1 Tablespoon balsamic vinegar right before serving.

Nutrition Information

Per serving (¼ of recipe): Calories: 238, Fat: 9.75 gm; Saturated Fat: 2.7 gm; Carbohydrate: 17.5 gm; Sodium: 560 mg; Fiber: 8 gm



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