

Smart and Spicy Lentil Soup

Ingredients:

- 2 Tablespoons olive oil
- ½ lb. organic gluten free chicken or turkey sausage
- 2 cups finely chopped onion
- 1 cup finely chopped carrot
- 1 cup finely chopped celery
- 1 Tbsp. finely minced ginger
- 1 to 1 ½ teaspoons sea salt
- 1 lb. lentils, picked and rinsed
- 1 cup peeled and chopped tomatoes
- 2 quarts organic chicken or vegetable broth
- 1 teaspoon freshly ground coriander
- 1 teaspoon freshly ground toasted cumin
- 1 teaspoon ground Grains of Paradise (optional)

Directions:

1. Brown sausage in a large 6-quart Dutch oven in 1 Tbsp. of olive oil, about 2 min. per side (8 min.). Remove from pan and slice on diagonal about ¼" thick. Set aside and keep warm.
2. Place the remaining olive oil into the Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes. Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine. Increase the heat to high and bring just to a boil.
3. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes.
4. Using a stick or countertop blender, puree to your preferred consistency. This step is optional, but makes for a thicker, creamier soup.
5. Add reserved sausage. Serve immediately.