



Lentil Sausage Soup



Gluten Free



Very Healthy

READY IN



120 min.

SERVINGS



10

CALORIES



1696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2 teaspoons peppercorns whole black
- ☐ 3 cups carrots diced (4 to 6 carrots)
- ☐ 6 carrots unpeeled halved
- ☐ 3 cups celery diced (8 stalks)
- ☐ 4 celery stalks with leaves, cut in thirds
- ☐ 15 pound chickens
- ☐ 1 pound green lentils french (recommended: du Puy)

- ☐ 20 sprigs optional: dill fresh
- ☐ 20 sprigs flat-leaf parsley fresh
- ☐ 15 sprigs thyme leaves fresh
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 1 head garlic unpeeled cut in 1/2 crosswise
- ☐ 2 large cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound kielbasa sliced cut in 1/2 lengthwise and 1/
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons kosher salt
- ☐ 4 cups leeks light white green chopped (2 leeks)
- ☐ 0.3 cup olive oil for serving
- ☐ 3 large onions unpeeled quartered
- ☐ 10 servings parmesan freshly grated for serving
- ☐ 4 parsnips unpeeled cut in 1/2, optional
- ☐ 0.3 cup tomato paste
- ☐ 2 tablespoons red wine vinegar dry red
- ☐ 4 cups onions diced yellow (3 large)

Equipment

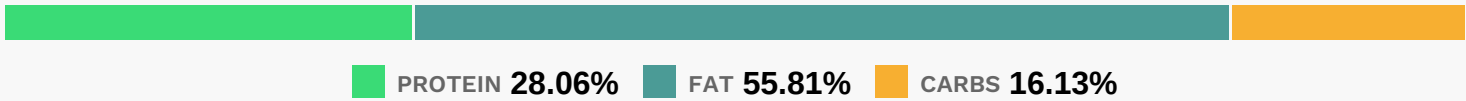
- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ In a large bowl, cover the lentils with boiling water and allow to sit for 15 minutes.
- ☐ Drain.
- ☐ In a large stockpot over medium heat, heat the olive oil and saute the onions, leeks, garlic, salt, pepper, thyme, and cumin for 20 minutes, or until the vegetables are translucent and tender.

- ☐ Add the celery and carrots and saute for another 10 minutes.
- ☐ Add the chicken stock, tomato paste, and drained lentils, cover, and bring to a boil. Reduce the heat and simmer uncovered for 1 hour, or until the lentils are cooked through and tender. Check the seasonings.
- ☐ Add the kielbasa and red wine and simmer until the kielbasa is hot.
- ☐ Serve drizzled with olive oil and sprinkled with grated Parmesan.
- ☐ Place the chickens, onions, carrots, celery, parsnips, parsley, thyme, dill, garlic, salt, and peppercorns in a 16 to 20-quart stockpot with 7 quarts of water and bring to a boil. Skim the surface as needed. Simmer uncovered for 4 hours. Strain the entire contents of the pot through a colander, discarding the chicken and vegetables, and chill. Discard the hardened fat, and then pack the broth in quart containers.

Nutrition Facts



Properties

Glycemic Index:68.63, Glycemic Load:15.2, Inflammation Score:-10, Nutrition Score:71.976521865181%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Apigenin: 5.29mg, Apigenin: 5.29mg, Apigenin: 5.29mg, Apigenin: 5.29mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 5.63mg, Isorhamnetin: 5.63mg, Isorhamnetin: 5.63mg, Isorhamnetin: 5.63mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 23.34mg, Quercetin: 23.34mg, Quercetin: 23.34mg, Quercetin: 23.34mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Nutrients (% of daily need)

Calories: 1696.13kcal (84.81%), Fat: 104.27g (160.41%), Saturated Fat: 32.5g (203.12%), Carbohydrates: 67.83g (22.61%), Net Carbohydrates: 44.82g (16.3%), Sugar: 14.99g (16.66%), Cholesterol: 479.3mg (159.77%), Sodium: 3466.07mg (150.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 117.96g (235.91%), Vitamin A: 18120.46IU (362.41%), Vitamin B3: 36.61mg (183.05%), Phosphorus: 1433.48mg (143.35%), Vitamin B6: 2.42mg (120.76%), Folate: 465.92µg (116.48%), Selenium: 79.28µg (113.26%), Vitamin B12: 5.72µg (95.36%), Manganese: 1.85mg (92.57%), Fiber: 23.02g (92.07%), Vitamin K: 91.94µg (87.56%), Iron: 13.85mg (76.95%), Vitamin B1: 1.13mg (75.21%), Vitamin B2: 1.27mg (74.98%), Zinc: 11.22mg (74.78%), Vitamin B5: 7.28mg (72.76%), Potassium: 2448.84mg (69.97%), Vitamin C: 51.71mg (62.68%), Magnesium: 231.88mg (57.97%), Calcium: 571.25mg (57.13%), Copper: 0.86mg (42.88%), Vitamin E: 3.24mg (21.59%)