



Sausage and Lentil Soup

A RECIPE BY JILLIAN MAUL

ingredients

- 1 lb mild Italian ground sausage
- 1 stalk celery (chopped)
- 2 cloves garlic (minced)
- 1 white onion (chopped)
- 2 carrots (thin sliced rounds)
- 1 tsp Parsley
- ¼ tsp Thyme
- 2 cans diced tomatoes (not drained)
- Handful fresh spinach shredded (cut in super skinny strips)
- 4 cups chicken broth
- 2 cups water
- 1 tsp salt
- ¼ tsp red pepper flakes
- 2 cup lentils

directions

- 1. Cook onion, garlic and celery and sausage together in frying pan.
- 2. Put all in crockpot all day on high.

tips and tricks

- Enjoy!!