

# Lentil Soup with Swiss Chard and Turkey Sausage

Serves 5

Adapted from: [Deliciously Organic](#)

## Ingredients

- 1 Tablespoon olive oil
- 1 small yellow onion, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 teaspoons sea salt
- 2 Tablespoons tomato paste
- 1 cup dry lentils
- 1 cup crushed tomatoes  
(I used Muir Glen Fire Roasted)
- 3 cups low sodium chicken stock
- 1 pound turkey sausage, cut into 1/4-inch thick coins (I used a turkey kielbasa)
- 1-2 bunches of Swiss chard
- Freshly ground black pepper



## Instructions

1. Heat olive oil in a large pot over medium heat.
2. Stir in onion, carrots and celery. Let cook about 10 minutes, stirring occasionally until onion is translucent.
3. Add sausage and cook 10 more minutes until slightly browned.
4. Increase heat to medium and stir in tomato paste and sea salt.
5. Add lentils, tomatoes and stock.
6. Increase heat to medium-high and bring to a boil, cook about 10 minutes or until all veggies are tender.
7. Stir in chard and cook 2-3 minutes more.
8. Season with ground black pepper and adjust sea salt to taste. Serve.

**Nutrition Information per Serving:** 370 calories, 13 g Fat, 3g Saturated Fat, 65mg Cholesterol, 1180mg Sodium, 34g Carbohydrates, 8 grams Fiber, 30g Protein