

Lentil Soup

Gather Ingredients

- Oil for sautéing
- **Frozen Sausage Links, diced** (1 package of 4-6 links) -- Andouille, Chorizo, or Italian Sausage (or any other type you want)
- **1 onion (any color), diced**
- **2-4 carrots, diced**
- **2-3 garlic cloves, chopped**
- 1 cup **lentils***
- 1 cup **rice***
- 2-3 quarts **chicken stock**
- **Salt and pepper**, to taste
- Pinch **red pepper flakes**
- 1/2 bunch **kale**, rinsed, destemmed, chopped or torn into smallish pieces

Can this be vegetarian?
OF COURSE. Duh.

Omit the sausage (or use veggie links) and use veggie stock. Voila. Vegetarian.



Find a pot

Now, it's time to find a pot. You need one large enough to hold about 3 quarts of soup. I use a 5 or 6 quart Dutch oven.

But what does a quart even look like? Well, if you have a quart of stock handy, use that as a reference.

Some pots and pans even put the amount they hold on the bottom of the pot (how nifty!).



Ok, now it's time to cook

Heat a bit of oil in the pot set over medium heat. Add the diced sausage, onion, and carrots. Saute until onions have softened slightly, about 5-6 minutes. Season lightly with and pepper.

Add the garlic; cook for about a minute or so.

Add the lentils, rice, and stock. Season with salt, pepper, and red pepper flakes. Bring to a boil over medium high heat.

Cover. Reduce heat to low.

Simmer until lentils and rice are cooked through. Maybe... 25-35 minutes?



Finish

Once the soup is nearly done (lentils and rice are soft), add the kale.

Ok, now stop. Grab a teaspoon. Taste the soup. Does it need seasoning? Salt? Pepper? Adjust seasonings as desired.

Alright, now it's time to eat.

Choices of Lentils & Rice

You have a few options for lentils and rice, because the world of lentils and rice is quite vast.

Lentil Choices (choose one that holds its shape when cooked)

- Green -- your standard, all around lentil. You can find these anywhere.
- Du Puy or French Green Lentil -- small green lentil
- Pardina Lentil -- small brown lentil

Rice Choices

Basmati (white or brown) or long grain (white or brown). Brown rice has more fiber content but takes longer to cook and may require more stock. White rice is perfectly fine to use here.