



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SAUSAGE & LENTIL SOUP

Time: 30 minutes

Serves: 4

Ingredients:

8 ounces double-smoked farmer sausage - cubed
2 cloves garlic - very finely chopped or crushed
6 ounces baby spinach
4 cups chicken stock
1 cup cooked or canned lentils – rinsed and drained
½ teaspoon crushed red pepper
1 teaspoon salt (or to taste)

Preparation:

Place a suitable pot on medium heat and add the sausage, stirring occasionally for five minutes or until browned.

Add the garlic and stir constantly for ten seconds.

Pour in the chicken stock and add the spinach. Turn the heat to high and bring to a boil. As soon as a boil is reached, remove from heat.

Stir in the lentils, pepper flakes and salt to taste.

Let stand for five minutes and serve.

Nutritional Information Per Serving:

Calories: 187
Fat: 7g
Carbs: 13g
Fibre: 5g
Protein: 19g