

LENTIL WITH ESCAROLE AND SAUSAGE SOUP



Total Time
45 MIN.

Serving Size
8 OZ / 250 ML

Difficulty
EASY

This hearty, easy to execute soup is brimming with on-trend ingredients such as escarole and lentils.

Yields
10

INGREDIENTS

	WEIGHT	MEASURE
Campbell's Beef Consomme, condensed can	4 cups	1 L
Water	4 cups	1 L
Lentils, drained, rinsed well	1 1/2 cups	375 mL
Bay leaf	1	
Olive oil	2 tbsp	30 mL
Italian sausage links, cut into 1/2 inch (1.2 cm) pieces	3/4 lb	340 g
Onion, finely chopped	1/2 cup	125 mL
Carrots, finely chopped	1 cup	250 mL
Celery ribs, finely chopped	1 cup	250 mL
Garlic cloves, finely chopped	3	
Pepper	1 tsp	5 mL
Tomato paste	2 tbsp	30 mL
Escarole, chopped, packed*	2 cups	500 mL
Red-wine vinegar	1 tbsp	15 mL



Tip

*Optional: Substitute chopped kale instead of escarole



INSTRUCTIONS

1. Combine **Campbell's** Beef Consommé and water in a large stockpot. Add lentils and bay leaf. Simmer uncovered for 12 minutes.
2. Meanwhile, heat oil in a large stockpot over medium-high heat. Brown sausage, about 7 minutes. Transfer sausage with a slotted spoon to a bowl.
3. Reduce heat to medium and sauté onion, carrots, celery, garlic, and pepper, stirring occasionally, until softened, about 5 minutes.
4. Stir in tomato paste and cook, stirring for 2 minutes.
5. Add sausage and other ingredients to broth and lentil mixture
6. Add escarole and cook until tender, about 3 minutes.
7. Stir in vinegar to taste. Discard bay leaf.

Garnish: chopped escarole (or chopped kale, if using kale)