

Sausage Lentil Soup



Recipe courtesy of the Fresh Pasta book

INGREDIENTS

½ lb brown lentils, rinsed
10 cups light meat broth (see separate recipe) Click Here: [Light Meat Broth Recipe](#) (see notes below)
1 celery rib with leaves
1 bay leaf
1 tablespoon salt
2 tablespoons extra virgin olive oil
2 large garlic cloves, finely chopped
1 onion, finely chopped
10 ounces sweet Italian sausages with fennel seeds, casings removed, crumbled
2 tablespoons tomato paste
2 teaspoons fresh marjoram, or 1 teaspoon dried marjoram
1 ¼ cups chopped fresh or canned drained plum tomatoes, peeled, seeded, and chopped
½ cup tubettini
½ lb Swiss chard leaves, or spinach

DIRECTIONS

Place the lentils in a large pan with the broth or water, celery, bay leaf, and salt. Bring to a boil,

Reduce to a simmer and cook until the lentils are nearly tenders, about 20 minutes.

Meanwhile, in a skillet, combine the olive oil, garlic, and onion.

Sauté over medium-low heat until softened, about 5 minutes.

Add the sausage meat and sauté for 10 minutes, until golden.

Add the tomato paste dissolved in a little of the lentil broth and stir well.

Stir in the marjoram and tomatoes.

Stir the sausage and onion mixture, the tubettini, and Swiss chard or spinach into the lentils.

Simmer until the chard is tender and the pasta is al dente, about 7 minutes.

Discard the celery and bay leaf, and serve.

[NOTE: I often substitute 4 cups meat broth and 6 cups turkey or chicken stock the 10 cups of meat broth](#)