



Sausage, Lentil and Kale Stew

Number of servings: 12

Serving size: 1 cup

Equipment:

Fry pan and slow cooker

Ingredients:

- 1 Tablespoon extra virgin olive oil
- 2 large yellow onions, chopped
- 3 cloves garlic, minced
- 3 large carrots, coarsely chopped or sliced
- 13 ounces smoked beef or turkey sausage, sliced*
- 1 pound dried brown lentils, rinsed and drained
- 2 cups low sodium chicken or vegetable broth
- 2 cups water
- 2 teaspoons dried sage
- 2 teaspoons dried thyme
- 1 teaspoon ground black pepper
- 2/3 pound fresh kale (stems removed) or spinach (trim stems) chopped

*Use low sodium meats when available

Directions:

In a fry pan, heat olive oil, onions and carrots. Cook 4 to 5 minutes or until slightly soft. Add garlic and cook another minute. Transfer to a slow cooker and add the rest of the ingredients except the greens. Cook on low for 6 hours, adding kale or spinach in the last 2 hours, or cook on high for 3 hours, adding kale or spinach in the last hour. Ladle into soup bowls and serve.

Cost per recipe \$13.68

Cost per serving \$ 1.14

MyPlate servings: 2 servings vegetables and 1 serving protein

Nutrition Facts

Serving Size 1 1/2 cups

Serving Per Container 6

Amount Per Serving

Calories 399

| | % Daily Values* |
|-------------------------------|-----------------|
| Total Fat 9g | 14% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 3g | |
| Cholesterol 32mg | 11% |
| Potassium 1276mg | 36% |
| Sodium 638mg | 27% |
| Total Carbohydrate 53g | 18% |
| Dietary Fiber 18g | 72% |
| Sugars 9g | |
| Protein 30g | 60% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>