

## Hearty Lentil-Sausage Soup

Pam Olfert

Since you were speaking about the More with Less cookbook, I thought I would choose a recipe from there too.

**Hearty Lentil-Sausage Soup** is found on page 212. I've made some changes over the years. I usually only use 1 cup of lentils. Instead of parsnips I add carrots and green peppers. I also add about 1 1/2 cups beef broth. For a bit of spice I add about 1/2 teaspoon of crushed red pepper.

Our family has enjoyed this soup a great deal over the years. It is the perfect combination of "hearty" and "healthy". When Dan was farming organically, we used the red lentils that we had grown. I liked this variety of lentils the best - something about the slightly nutty flavour.

When our daughter Jill got married, the centrepiece of each table held a decorated jar of her dad's organic red lentils, along with the soup recipe.

Brown in 5 qt. kettle:

1 lb. pork sausage, broken into chunks

Remove meat and pour off all but ¼ c. drippings.

Add:

2 medium onions, chopped

1 garlic clove, minced

4 medium parsnips, cut in chunks (optional)

Cook 5 minutes or until onion and garlic are tender.

Add:

2 c. lentils

1 T. salt

½ t. marjoram

2 c. cooked tomatoes or juice

2 qt. water

Browned sausage

Simmer 30 minutes or until tender

Cut in diagonal slices:

1 loaf Italian bread

To serve, place a bread slice in each soup bowl and spoon soup over bread. Pass Tabasco sauce.

*(Mable Eshleman, Lancaster, Pa)*