

Hearty Lentil Stew with Apple Chicken Sausage



This recipe features lentils and butternut squash which is loaded with vitamin A, potassium, and fiber.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 1590 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 49.8%

Protein: 26.1%

Fat: 24.2%

Make it for the whole family:

The whole family can enjoy this soup whether it be hot or blended up for your tubie!

Hearty Lentil Stew with Apple Chicken Sausage

Ingredients

- 2 pounds cubed butternut squash or sweet potato
- 1 Tablespoon olive oil
- ½ cup chopped yellow onions
- 2 garlic cloves
- 12 ounce chicken and apple sausage link (about 4 links)
- 4 cups chicken stock
- 1 cup green lentils, dry
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- Cooking spray
- Water (optional)

Kitchen Gear

Chef knife

Cutting board

Food scale

Measuring tools:

- 1 cup
- ½ cup
- Tablespoon
- ½ teaspoon
- ⅛ teaspoon

Preparation

1. Peel butternut squash, remove seeds and cut into 1 inch cubes.
2. Spray baking sheet with oil, roast at 400 degrees 25-30 minutes or until tender, stir halfway through cooking time. Set aside.
3. Sauté onions and garlic in olive oil, until softened.
4. Add sausage, and cook, browning on all sides.
5. Pour in broth, one cup water and scrape up brown bits from the bottom of the pan.
6. Add lentils, squash, salt and pepper. Bring to a boil, then reduce heat and cover.
7. Cook on low for 30-40 minutes until lentils and squash are tender.

To Blend:

1. Let soup cool, add soup to blender, blend until smooth.
2. Add water or milk as needed to reach desired consistency.



For more recipes and information visit www.CookingForTubies.com
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