

Lentil, Sweet Potato and Sausage Soup

INGREDIENTS

- 1.5 cups of red lentils
- 1 large sweet potato, peeled and diced into small piece
- 1 large onion, diced
- 1 lb spicy Italian sausage links or ground (omit for Veg. option)
- 1 Tbsp Curry Powder (more or less depending on your taste)
- 1 cup packed fresh basil leaves (This Basil is best)
- 1 cup (approximately) Vegetable, chicken or Beef Broth
- 1/2 cup milk (cashew, almond, coconut or reg)
- Salt and pepper to taste
- Home made Croutons (Dice bread, toss in olive oil and cook in pan until crisp. I made mine from gluten free bread chunks)

Directions

Put 6 cups water in large pot and bring to a low boil. Add lentils and stir. Add sweet potatoes, onion and garlic. Turn heat to low and cover. In a separate pan cook Italian sausage and add cooked meat to pot. Cover and cook for 25 minutes or until lentils and potatoes are soft. Add broth, milk, curry powder and basil, stir and cook additional 5 minutes.

Optional - top with croutons.

Servings: 6