

## *Tuesdays with Jesus, Week 3: March 9, 2021*

2 Soup suggestions  
*Italian Sausage Soup* and *Hearty Lentil Soup*

### **Italian Sausage Soup**

(from Allrecipes)

Serves 6

#### **Ingredients:**

1 pound Italian sausage  
1 clove garlic, minced  
28 oz. beef broth  
1 14.5 oz. can Italian-style stewed tomatoes  
1 cup sliced carrots  
1 14.5 ounce can great northern beans, undrained  
2 small zucchini, cubed  
2 cups baby spinach, or roughly chopped large leaf spinach  
1/4 teaspoon ground black pepper  
1/4 teaspoon salt

#### **Directions:**

1. In a large pot, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover and simmer for 15 minutes.
2. Stir in beans with liquid and zucchini. Cover, and simmer for another 15 minutes, or until zucchini is tender.
3. Remove from heat and add spinach. Replace lid allowing the heat from the soup to cook the spinach. Soup is ready to serve in 5 minutes.

Submitted by Maryann McCall-Taylor

### **Hearty Lentil Soup**

From Allrecipes

Serves 6

#### **Ingredients:**

- 1 onion, chopped
- 1/4 cup olive oil

- 2 carrots, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon dried basil
- 1 (14.5 ounce) can crushed tomatoes
- 2 cups dry lentils
- 8 cups water or stock
- ½ cup spinach, rinsed and thinly sliced
- 2 tablespoons vinegar
- salt to taste
- ground black pepper to taste

**Instructions:**

- Step 1

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.

- Step 2

Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired.

Submitted by Sarah Gallop