

- Easy No Sweat Recipe -

Cajun Sausage, Lentil and Sweet Potato Soup

Say the word 'soup' and everyone perks up their ears. This hearty one is terrific on a fall and winter's day.

Serves 4

1 large onion, small dice
1 clove garlic, minced
2 carrots, small dice
1 stalk celery, small dice
1 cup diced cured (pre-cooked) smoked deli sausage
1 tbsp oil

2 tsp **Twisted Snowshoe Cajun Seasoning**
1/2 tsp dried thyme leaves
1/2 tsp dried savoury leaves (oregano also works)

1 cup peeled sweet potato, small dice
1 1/2 cup split red lentils
6 cups chicken or vegetable stock

2 tbsp lemon juice

1. In a stockpot over medium-low heat, saute the onion, garlic, carrots, celery and smoked sausage in the oil for 5 minutes.

1. Add the **Twisted Snowshoe**, dried thyme leaves and savoury leaves. Cook and stir for 1 minute.

3. Add the sweet potato, split red lentils and stock. Simmer, covered for 30 min. Add lemon juice. Taste and adjust seasonings. Serve.



Pictured: Vegetarian version

Kitchen Hero Tip!



For a vegetarian version, omit the smoked sausage and use vegetable stock.