Lentil Stew

2 tablespoon olive oil, divided
6 ounces low fat turkey sausage (2 links), casing removed *

1 large, sweet onion, diced
2 cups carrots, sliced
3 cloves garlic; 2 if large

1 teaspoon rosemary
3 3/4 cup low sodium chicken broth (two 14.5 oz cans)
3 1/4 cup water
1 cup brown lentils, washed and picked over
1 head of escarole (roughly 1 pound)

*For a vegetarian version, substitute veggie crumbles such as Morning Star Farms grillers crumbles for the sausage with some additional spices, like fennel.

Directions
1 lb escarole (1 head), washed and coarsely chopped. May substitute any sturdy green for the escarole, such as kale or Swiss chard.

Warm 1 Tbsp olive oil in a large pot. Brown sausage, crumbling into small pieces while stirring. Remove from the pan and set aside.

Add remaining 1 Tbsp olive oil to pan. Add onions, carrots and garlic. Cook 3 - 5 minutes or until slightly tender.

Add rosemary, broth, water and lentils. Bring to a boil then reduce heat and simmer for 45 minutes or until lentils are tender.

Add cooked sausage and escarole. Continue simmering until escarole is just wilted.

Yield: 3.5 quarts -- 14 servings
Serving size: 1 cup

Nutrient info
100 calories, 11 g carbs, 7 g protein, 3 g total fat (1/2 g sat. fat), 8 mg cholesterol, 225 mg sodium, 5 g fiber