

## Slow Cooker Sausage and Lentil Stew

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*Looking for more recipes for your slow cooker? This is it! Lentils are a protein packed bean that do not require any soaking. Sausage is a classic pairing to lentils and combine to give a satisfying heartiness to this cold weather stew. The best part? Just add all the ingredients into the slow cooker and press start!*

**Serves: 6-8**

**Prep time: 5 minutes**

**Cook time: 6-8 hours in the slow cooker**

### Ingredients:

- 2 cups dried brown lentils, sorted and rinsed
- 12 ounces cooked andouille-style chicken sausage, cut into 1-inch pieces (or any chicken sausage)
- 3 cups chopped kale leaves, center ribs removed
- 1 medium onion, peeled and diced small
- 2 cloves garlic, peeled and minced
- 6 cups low-sodium chicken broth
- 2 sprigs fresh thyme
- 2 teaspoons kosher salt
- ½ teaspoon freshly ground black pepper

### Directions

1. Place all the ingredients in a 6-quart or larger slow cooker and stir to combine. Cover and cook on the LOW setting until the lentils are tender, about 6-8 hours.

**Chef notes: Store leftovers in a covered container in the refrigerator for up to 4 days.**

Nutrition Info: Calories: 330, Saturated Fat: 5g, Sodium: 660 mg, Added Sugars: 0g

Recipe source: <https://www.thekitchn.com/sausage-lentil-soup-267145y>.