



Ingredients

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| 1 Tbsp. Olive Oil | 4 Cloves Garlic (minced) |
| 1 Pack of 4 Beyond Brats (any flavor) | ¾ tsp. Dried Oregano |
| 8 cups Low-Sodium Veggie Broth | ¾ tsp. Dried Basil |
| 1 Yellow Onion (diced) | ¼ tsp. Crushed Red Pepper Flakes |
| 1 cup Cherry Tomatoes (quartered) | ¼ tsp. Paprika |
| 5 Red Potatoes (cubed) | 1 Bay Leaf |
| 1 Zucchini (diced) | ¼ tsp. Salt |
| 3 cup Fresh Spinach | ½ tsp. Ground Black Pepper |
| 1 cup Dry Green Lentils | |

Directions

- 1** Slice the brat, add to a pan and cook the brats (I usually cook the brats longer than I normally would when adding to soup because the broth will soften in and add moisture back in). Once done, set aside.
- 2** In a large stock pot or Dutch-oven set over medium heat, add the oil. Stir in the garlic and onion, cook until fragrant. Sprinkle in the oregano, basil, red pepper flakes, paprika, salt and black pepper. Add the bay leaf and then pour in the veggie broth. Bring to a boil, then add the potatoes and lentils and cook for 10 minutes.
- 3** After the 10 minutes, add in the tomatoes and zucchini, continue simmering for 15 minutes or until the lentils are tender. Add The Brats. Stir in the spinach and wilt, about 2 minutes. Serve immediately, top with parmesan shavings if desired.