



Smoked Sausage and Lentil Stew

Stews historically are just a way to use lower quality cuts of meat, or preserved meats (sausage), and things that are in the pantry. Nowadays, add to that list leftovers. Stews are a great way to use leftovers of one sort or another.

You could do this on the stove, but the crock pot really works well for this one. Prep time is less than 30 minutes. You could do the prep the night before, then start it in the crock pot in the morning and only cook on low.

Olive oil

1 yellow onion, diced

1 carrot, diced

1 stalk celery, diced

1 package smoked sausage (14-16 oz), such as Andouille, sliced into bite size pieces

3 cloves garlic, minced

1 tbl smoked paprika

1 lb lentils

1 qt chicken stock

1 cup water

1 cup red wine

1 can (14 oz) black beans (or some other beans), drained

1 russet potato, diced into ½ inch pieces

2 tsps dried thyme

salt to taste (Start with ½ tsp. The sausage will have some salt, so you shouldn't need more than that.)

ground black pepper to taste

finely chopped parsley (optional)

Preparation:

1. Sauté onions, carrot and celery in olive oil. When the onion is transparent (about 5 minutes), add the sausage and garlic. Cook for 1-2 additional minutes.
2. Rinse and pick over the lentils to make sure there are no foreign objects. Put lentils into crock pot. Add sausage, onions, etc. to crock pot, and remainder of ingredients except the parsley.
3. Cover and cook for 30 minutes on high, then 7 hours on low in the crock pot.
4. Ladle into bowls and garnish with parsley if desired.

Serves 8 as the main course.

You could serve bread with this, but it already has potato in it, so no extra carbs are really needed. The first time we made this, we added some leftover chicken meat (about 1 cup diced chicken) to the stew in addition to the sausage. We paired the stew with a 2014 Luminous Hills Pinot Noir, Yamhill-Carlton, Oregon. Very filling dish.

Recipe developed April 2020 by Larry. Enjoy!

