

Lentils and Sausage

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Mary Ann Esposito



Servings: 6

Alternately you can simmer the lentils on the stovetop until they are just tender, about 25 minutes, adding the sausage links within that time, about 15 minutes.

1. Preheat the oven to 350°F.
2. Pour the olive oil into a heavy-duty oven to table pot and brown the sausage along with the pancetta over medium high heat. Transfer the sausage and pancetta to a dish and set aside.
3. Sauté the leek, celery and carrot in the pan drippings until they soften. Stir in the garlic and cook until it softens.
4. Raise the heat to high, and pour in the wine; allow it to come to a boil. Lower the heat to simmer and stir in the tomatoes. Season with salt and pepper to taste. Stir in the lentils. Return the sausage and pancetta to the pan and cover the mixture with the vegetable or beef stock.
5. Cover the pan and bake for 35 to 40 minutes, or until most of the liquid has evaporated.
6. Serve directly from the pan or a lipped serving platter.

- 1 1/2 cups dried lentils
- 1 1/2 pounds Italian sausage links, sweet, or hot or a mixture
- 1/4 cup pancetta, diced
- 1 tablespoon olive oil
- 1 large leek, white part only, cut into thin rings
- 2 ribs celery, diced
- 1 large carrot, peeled and diced
- 2 cloves garlic, peeled and minced
- 1 tablespoon dried oregano (not in original recipe)
- 1/2 cup dry red wine
- 2 cups tomatoes, coarsely chopped or a 15 ounce can, chopped
- 5 cups low-sodium beef broth, or vegetable stock
- Salt and pepper to taste**

Per Serving (excluding unknown items): 619 Calories; 34g Fat (50.8% calories from fat); 32g Protein; 42g Carbohydrate; 7g Dietary Fiber; 85mg Cholesterol; 1169mg Sodium; 6g Total Sugars; trace Vitamin D; 81mg Calcium; 6mg Iron; 990mg Potassium; 353mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com