Sausage and Green Lentil Tomato Pot

3 bowls · Active 15 min · Total 40 min

Skills: Easy

Ingredients

- 1 teaspoon olive oil (5 ml)
- 4 plain pork sausages, about 12 oz total (340 g)
- 1 medium onion, diced (150 g)
- 1 large carrot, finely diced (120 g)
- 1 garlic clove, minced
- 1 can chopped tomatoes, 14 oz (400 g)
- 1/2 cup water (120 ml)
- 1 teaspoon dried thyme
- 1 can green lentils, 15 oz (425 g), drained and rinsed
- 1/4 teaspoon black pepper

Set out

Medium saucepan with lid, Tongs, Instant-read thermometer

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat oil in the pot over medium heat. Brown sausages for 5 minutes, turning, then transfer to a plate.

2. Cook onion and carrot in the pot for 5 minutes. Add garlic for 30 seconds.

3. Add tomatoes, water, thyme, lentils and pepper. Return sausages, cover and simmer gently for 12–15 minutes, stirring occasionally, until sausages reach 160°F/71°C and carrot is tender.

4. Slice sausages into thick pieces if desired, return to the sauce and serve. Taste before adding salt.

Buy a useful pack size

Four sausages serve three in this lentil-rich dish. If buying a larger pack, refrigerate or freeze the unused raw sausages immediately according to their label rather than carrying them loose in the cooler.

A useful detail

Sausages vary in salt and allergens; check their label before seasoning or serving to someone with dietary requirements.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C. Freeze for up to 2 months if a reliable freezer is available.