# Sausage and Lentil-Stuffed Onions

8 stuffed onion halves in tomato sauce; 2 halves per serving · Active 35 min · Total 1 hr 45 min

Skills: Moderate

## Ingredients

• 4 large onions (about 2 lb/900 g peeled), halved lengthwise with root bases intact

• Heaped 1/3 cup dried green or brown lentils (80 g), rinsed

• 2 cups water (480 ml), for the lentils

• 7 oz fresh pork sausage meat (200 g), removed from casings

• 1 tablespoon neutral oil (15 ml)

• 1 cup soft fresh bread crumbs (60 g)

• 1 can chopped tomatoes, 14 oz/400 g, with juice

• 1/2 cup water (120 ml), for the sauce

• 1/2 teaspoon dried oregano (0.5 g)

• 1/4 teaspoon fine salt (1.5 g)

• 1/4 teaspoon black pepper (0.5 g)

## Set out

Large saucepan, Small saucepan, Large skillet, Baking dish about 8 by 12 inches/20 by 30 cm, Slotted spoon, Food thermometer

## Allergens

Wheat. Check labels and substitutions.

## Ingredient labels

Sausage may contain milk, soy or additional wheat; check its ingredients.

## Make it

**1.** Put onion halves in the large saucepan, cover with water and bring to a simmer. Cook for 12–15 minutes, until outer layers soften. Lift out and cool for 5–10 minutes until safe to handle. Meanwhile simmer lentils in their measured 480 ml water for 20–25 minutes until tender, then drain.

**2.** Heat oven to 400°F/200°C. Scoop onion centers out with a spoon, leaving 2–3 outer layers as shells. Chop all the centers.

**3.** Heat oil in the skillet over medium heat. Add sausage and chopped onion centers and cook for 8–10 minutes, breaking up meat, until the sausage is cooked through. Stir in drained lentils, bread crumbs and pepper.

**4.** Mix tomatoes, sauce water, oregano and salt in the baking dish. Set onion shells in the sauce and divide filling among them. Cover with foil and bake for 20 minutes.

**5.** Uncover and bake for 15–20 minutes more, until onion shells are completely tender and the center of the filling reaches 165°F/74°C. Rest for 5 minutes. Serve two halves and one-quarter of the sauce per person.

## The onion centers belong in the meal

The centers are chopped into the sausage-lentil filling. Do not throw them away after making the shells; allow the pan mixture to reduce if they release extra water.

## A useful detail

The recipe uses fresh pork sausage, not a ready-to-eat cured sausage. Salt levels vary; the measured sauce salt is modest because the sausage already contributes seasoning.

## Keep it well

Cool in shallow portions within 2 hours, or 1 hour above 90°F/32°C. Refrigerate covered at 40°F/4°C or below for up to 3 days. Reheat covered to 165°F/74°C. If using previously cooked lentils, follow their earlier cooking date rather than starting a new storage period.