

# Italian Sausage & French Lentils

Yield: 4-6 portions

1	onion, small dice
1	large carrot, small dice
1	stalk celery, small dice
2 Tbsp	extra virgin olive oil
1	clove garlic, minced
2 Tbsp	tomato paste
1.5 cups	CANADIAN Le Puy Lentils
½ cup	diced tomatoes
3 cups	chicken stock
4 – 6	links mild Italian sausage



Preheat oven to 400F

Sauté onion, carrot and celery in olive oil. Once tender add garlic. Cook 2 min.

Lower heat to medium. Add tomato paste. Stir through. Continue cooking a minimum 10 min. stirring constantly. Oil will begin to separate from tomato paste when ready.

Add lentils and gently stir through to coat with tomato paste. This will keep lentils from breaking down. Add tomatoes and chicken stock. Bring to a simmer. Cook approximately 30 min. until lentils are just tender.

While cooking lentils. Brown sausages in oven for approx. 5 min. Remove sausages and lower oven temperature to 350F.

Transfer cooked lentil to casserole pan. Place sausages on top. Cover with lid or parchment and foil. Bake for 20 to 25 min. or until sausages reach 165F internal temperature.

Serve with a hearty bread and lots of vegetables on the side.