

Sausage and Lentil Stew



Ingredients

- 1 lb ground Italian sausage
- 1 onion, chopped
- 3 large garlic cloves, chopped
- 6 cups chicken broth
- 1 1/2 cups water
- 2 1/4 cup dry lentils, rinsed
- 3 cans diced tomatoes, blended (I used garden tomatoes that I had roasted with olive oil, salt, pepper and fresh basil. It's the perfect time of year to do that)
- Fresh herbs if you have them (oregano, tarragon, basil - or 1/2 tsp dried)
- Just a dash of red chili pepper
- Pepper and a little sea salt if you need it toward the end.

Directions:

1. Brown sausage and drain if necessary. Add onions and garlic. Cook 5 minutes and add broth, water and lentils.
2. Bring to a boil and simmer for 30 minutes. Stir in tomatoes and spices
3. Bring back to a boil, reduce heat and simmer covered for about another hour.

Makes 8 Servings.