



Vegan Sausage, Lentil & Prune Stew



Serves: 2

Vegan Sausage, Lentil & Prune Stew:

(Adapted from Hugh Fearnley-Whittingstall for The Guardian)

Ingredients:

- 1T Olive oil (divided)
- 1/2 Onion, thinly sliced
- 1 small stick of celery, chopped (on the bias)
- 1 small carrot, chopped (on the bias)

<http://coconutandberries.com/2013/10/08/vegan-sausage-lentil-prune-stew/>

- 1 Large Vegusto sausage, or 2-3 regular size vegan sausages, cut into slices (on the bias)
- 1/4C Puy lentils (green or brown would also be fine, but you may need to adjust cooking time accordingly)
- 1/3C Whole dried prunes (the soft kind)
- Sprig of fresh thyme
- 3/4C Vegetable broth
- Salt + Pepper

Method:

Warm a pan with 1/2T olive oil over medium heat, add the onion and a pinch of salt and cover to cook for 10 minutes until very soft, stirring occasionally. Add the celery and carrots, re-cover and continue to cook for another 10 minutes until all the vegetables are soft.

Meanwhile, fry the sausage(s) in the remaining olive oil in a frying pan over high heat, flipping to brown all over.

Add the lentils, broth, prunes and thyme to the vegetables, stir gently. Top with the browned sausage, cover and simmer on low for approx 30minutes until the lentils are cooked through and most of the liquid has been absorbed.

Season with salt and pepper to taste.

