



www.ethnicvegan.com

"Sausage" and Lentils

Greg Lawson kindly allowed us to post his version of this classic recipe. If the vegan products aren't available in your area, you can order them from The Mail Order Catalog (www.healthy-eating.com), veganessentials.com, or Pangea (<http://veganstore.com>). You can also use vegan meat substitutes you may have on hand.

2 Tbs. olive oil
4 slices Lightlife brand vegan bacon, diced (or 2 strips Primal Strips brand jerky, hickory flavored)
3 Yves brand vegan sausage links
1/2 cup diced onion
1/4 cup diced fennel bulb (optional)
1/4 cup diced carrots
2 tsp. minced garlic
1 bay leaf
1 cup brown lentils
2 sprigs fresh thyme or 1 tsp. dried thyme
1/2 tsp. hot pepper flakes
15-ounce can diced tomatoes, undrained
1.5-oz bag Stonewall's Jerky (mild or wild)
1 stick Vegi-Deli brand Quick Stix (any flavor), cut diagonally into 1-inch pieces and halved crosswise
3 cups vegetable stock (add more stock or water if you desire, but this should not be a soup)
A shot of wine if needed (for the pan or for the cook)

Heat the olive oil. Place the vegan "bacon" in a medium saucepan over medium heat. Cook until crispy, about 3 minutes, and remove from the pan. Brown the "sausages" in the hot oil until golden (2 to 3 minutes per batch). Remove from the saucepan and set aside. Add the onions, fennel (if desired), and carrots to the saucepan and cook, stirring occasionally, for 3 minutes. Add the garlic and bay leaf and sauté until fragrant, about 30 seconds. Add the lentils and stir for about 1 minute. Return the browned sausages and bacon to the pan; stir in the thyme, hot pepper flakes, tomatoes, Stonewall's Jerky, Quick Stix pieces, and vegetable stock, and bring to a boil. Reduce to a gentle simmer and cook 50 to 55 minutes, or until the lentils are tender and have soaked up most of the liquid. Remove and discard the bay leaf and thyme sprigs.

Serve the lentils and sausage with whole-grain mustard and crusty bread.