

# Lentil & Sausage Stew

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4.91 from 21 votes

Prep Time	Cook Time	Total Time
15 mins	1 hr	1 hr 15 mins

Lentil & sausage stew is a super hearty soup bursting with flavor and chock full of vegetables!

Total Cost: \$7.83 recipe / \$0.78 serving

Servings: 10



## Ingredients

- 1 lb Italian sausage \$3.82
- 1 medium onion \$0.35
- 3 medium carrots (1/2 lb) \$0.39
- 4 stalks celery (1/2 bunch) \$0.69
- 2 cloves garlic \$0.10
- 2 cups brown lentils \$0.62
- 2 Tbsp or 6 cubes chicken base (bouillon) \$0.60
- 6 cups water \$0.00
- 1/2 to 1 tsp cayenne \$0.05
- 1 tsp paprika \$0.05
- 1 tsp cumin \$0.05
- 1 tsp oregano \$0.05
- 10 oz frozen spinach \$0.99

## Instructions

1. Cook the sausage in a large pot over medium heat. If you are using a soft sausage (like I did, see photos below) it will be easier to squeeze it out of the casing than to slice it. A firm sausage can be sliced prior to cooking.
2. While the sausage is cooking, prepare your vegetables: wash, peel and slice the carrots and celery; dice the onion and mince the garlic. Once the sausage is cooked, add the vegetables and continue to cook until the onions are soft and transparent (about 5 min).
3. Measure out the lentils and pick through them to make sure there are no stones. Add them to the pot along with the chicken base (or bouillon), 6 cups of water, cayenne, cumin, parika and oregano.
4. Bring the pot up to a simmer, place a lid on top, reduce the heat to low and let simmer for 30 minutes or until the lentils are soft. Add more water if it gets too dry. (taste it to see if lentils are soft, you can also adjust the seasoning to your preference at this point)
5. Stir in the frozen spinach and cook for about 15 minutes more. Serve with a thick slice of crusty bread!