

Sausage Hot Pot: a cheap and nutritious recipe for the winter; feeds four

Ingredients

8 sausages (vegetarian or meat as preferred)
1 cup dry Puy lentils (these cook within 25 minutes)
1 chopped onion
2 cloves of chopped garlic
2 chopped carrots
2 chopped potatoes (large ones)
1 chopped leek
2 sticks of chopped celery
1 tin chopped tomatoes
1 chicken or vegetarian stock cube
2 glasses of red wine (optional)
2 heaped teaspoons of Dijon mustard
Water to cover
Salt, pepper and dried thyme to taste
1 tablespoon cooking oil

Method

- 1) Either fry sausages, or cook them in the oven whilst preparing the rest of the ingredients.
- 2) In a large saucepan, fry all the chopped vegetables in oil for 5 minutes, or until they start to soften.
- 3) Add rest of ingredients, bring to boil then simmer for about half an hour. Add seasoning to taste.
- 4) Chop sausages into bite-size pieces and add to saucepan. Heat through and serve.

Note: Other vegetables can be used, such as swede or parsnips, and spinach can be added for the last 5 minutes. Leftovers can be frozen for later.

Bon Appétit, Susan Lewis