

Sausage and Potatoes



Roast some potatoes and onions, brown a sausage and toss them together in a tasty lemon-red sauce tonight. It all comes together as a fabulous comfort-food meal. Finish the plate with refreshing lemon broccoli.

I recommend the Beyond Meat Hot Italian Sausage for this meal. As always, you are free to use your favorite sausage of choice. Buon Appetito!

Preparation time: 45 minutes - Serve: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they're easy to add during cooking. Today you'll prep 4 cloves of chopped garlic for the Marinara Sauce. You'll also have two preps of onion: 1/3 C. finely-chopped for the Marinara Sauce and 1 C. coarsely-chopped for the Roasted Potatoes and Onions.

Roasted Potatoes and Onions

2 medium red potatoes (scrubbed and diced)
1 C. yellow onion (coarsely-chopped)
1 tsp. olive oil
1 sprig fresh rosemary

Sausage

Plant-based Sausage Choice
Beyond Meat Hot Italian Sausages

Optional Meat Sausage
Italian sausages of choice

Lemon-Red Sauce

Lemon Red Sauce for Sausage and Potatoes
3/4 C. Marinara Sauce
1/2 C. low-sodium vegetable broth
1 tsp. paprika
1 T. lemon juice

Marinara Sauce

1 tsp. olive oil
4 cloves garlic (smashed and chopped)
1/2 C. red wine
1/3 C. yellow onion (finely-chopped)

one 15 oz. can no-salt diced tomatoes
one 15 oz. can regular tomato sauce
another 1/2 C. red wine

2 T. dry basil leaves
1 T. dry oregano leaves
a few dashes Tabasco sauce

1 tsp. olive oil
1/2 of the chopped garlic (from above)
another 2/3 C. red wine

Lemon Broccoli/Sliced Apple Finish

3 C. broccoli (washed and cut into 1" pieces)
1 T. lemon juice
1/4 C. low-sodium vegetable broth
1 tsp. butter

Finish

1 crisp apple of choice (cored and sliced)

Preheat oven to 375°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by getting the potatoes and onions into the oven to roast. Toss potatoes and onions in olive oil. Wrap in foil with rosemary, place on a cookie sheet and roast in a preheated oven for 30 minutes. Discard rosemary sprig after roasting.

Marinara Sauce

1. Brown 1/2 of the chopped garlic in olive oil over medium-high heat. Add 1/2 C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add tomato sauce (rinse cans with additional second 1/2 C. red wine and add to sauce.)
4. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Using a separate sauté pan, brown remaining half of the chopped garlic in oil. Add another 2/3 C. wine, bring to a boil, cook for about a minute and turn off heat. Let sit 10 minutes.
6. Add this additional wine/garlic reduction to the large pan. Stir well and remove from heat.

Meat or Plant-based Choice

If sausages are part of a package, cook all of the sausages.

Brown sausage of choice on a stovetop griddle or in a frying pan. When sausages are thoroughly cooked remove from heat and cool. Dice 1-1/2 sausages into bite-sized pieces. Store unused cooked sausages in the fridge or freezer.

Sausage and Potatoes

Lemon-Red Sauce for Sausage and Potatoes: Measure 3/4 cup Marinara Sauce into a large sauté pan. Add broth, paprika and lemon juice. Bring to a boil.

Final Assembly: Add sausage pieces, roasted potatoes and onions to Lemon-Red Sauce. Toss well for 3 minutes over medium heat. Cover and remove from burner.

Lemon Broccoli/Plate

1. Place broccoli in the top of a steamer pan over 3/4 C. water. Once water comes to a boil, cover and steam 4 minutes or until broccoli is at the desired tenderness.
2. Pour water from pan and mix lemon juice, broth and butter in the bottom pan. Toss steamed broccoli in lemon/broth mixture and serve the meal.

Plate: Divide the sausage and potatoes and broccoli between two dinner plates. Fan sliced apple alongside.

What I've Learned from this Recipe

The plant-based sausage version of this meal presents the diner with less than half of the saturated fat and cholesterol of the optional meat version. The small amount of saturated fat in the plant-based sausage comes from coconut oil.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

