

Lentil Ragout

I call this dish Lentil Ragout as it features a thick and rich mélange of lentils, vegetables and sausage. It's brightly seasoned with sun-dried tomato pesto and holds up beautifully as a single dish meal.

This meal will take about an hour to assemble and cook and it will be worth it. The bonus is that the leftovers will continue to please.

Preparation time: 60 minutes - Serve: 4

Organize Your Ingredients!

Notes on Organizing

I like to prep and organize ingredients on small plates or in bowls so they are easy to add during cooking.

Lentils

1-1/2 C. brown lentils (rinsed)
3 C. water
1 cube Not Chick'n bouillon
1 bay leaf

Plant-based Choice or Meat Option

Plant-based Choice:

2 Beyond Meat Hot Italian Sausages

Optional Meat:

2 hot Italian sausages of choice

Lentil Ragout

cooked lentils (from above)
1 large carrot (cut into 1/8" diagonal rounds)
2 medium red potatoes (unpeeled and cut into 1/2" pieces)
1 tsp. olive oil
1-1/2 C. cremini mushrooms (sliced)
1 tsp olive oil
1-1/2 C. yellow onion (chopped)
1 C. celery (chopped)
1 bunch red or purple kale (stems and leaves chopped separately)
2 cloves garlic (smashed and chopped)
1/2 C. low-sodium vegetable broth
3/4 C. sun-dried tomato pesto (from fridge)
1 C. low-sodium vegetable broth
1 tsp. ground cumin
2 T. balsamic vinegar
Sliced Sausages (from above)

Additional Items and Garnish

4 artisan rolls (1 roll per diner)
2 oranges

Garnish:

1/3 C. plain, nonfat yogurt
2 tsp. crumbled feta cheese (per serving)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting lentils on to cook. Place all ingredients in a medium saucepan and bring to a hard boil. Reduce heat to medium-low, cover and cook for 15 minutes. (You'll add carrots and potatoes at that point.) Set a timer. Prepare the rest of the items as the lentils cook.

Plant-based Choice or Meat Option

When cooking Field Roast sausages, remove outer casings and slice in half lengthwise. When sausages are thoroughly browned, remove from heat and cool. Slice sausages into thin half-rounds before adding to the recipe.

If using optional meat sausages, brown and slice into rounds before using in the recipe.

Lentil Ragout

1. Add carrots and potatoes to cooking lentils when timer sounds. Return to a boil, reduce heat to medium and re-cover. Continue cooking for 15 minutes. Stir occasionally.
2. Brown sliced mushrooms in olive oil in a large sauté pan. Remove from pan and set aside.
3. Using same pan, toss onions, celery, and chopped stems from greens in oil over medium-high heat until onions and celery are browned. Add garlic and toss until garlic becomes fragrant.
4. In a separate bowl mix tomato pesto, vegetable broth, cumin and vinegar until well blended.
5. Add pesto liquid to onion/celery mixture. Add chopped kale leaves to the mixture and toss about 4 minutes.
6. Return mushrooms to the pan with the kale, onions and celery. Stir in chopped meat of choice.
7. When timer on the lentils sounds, stir lentils, carrots and potatoes and kale mixture together. Reduce heat to simmer. Cover and simmer 10 minutes, stirring occasionally.

Additional Items, Plate the Meal and Garnish

Wrap rolls in foil and place in a 250° oven for 10 minutes.

Slice unpeeled oranges in to 1/4" rounds and fan onto a large plate to be served as a side. Serve warmed rolls as a side as well.

Serve 2 C. lentil ragout on each serving plate and drizzle with a zig zag of yogurt. Sprinkle each serving with a couple of teaspoons of crumbled feta cheese.

What I've Learned from this Recipe

Ragout is basically a French stew. French ragout is assembled by cutting the meat and vegetables into smaller pieces. What we know as American-style stew has larger pieces of meat and vegetables and may also have more sauce or gravy.

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