



Autumn Chicken Sausage Dish

NIBBLEDISH CONTRIBUTOR

Ingredients

2-4 Links Whole Foods Apple Spice Chicken Sausage
1 small to medium sized sweet potato
1/2 cup dry lentils
1/2 cup multi-colored cous-cous
4 small all purpose onions
4 cloves garlic
2 28 oz cans crushed tomatoes with basil
1 28 oz can whole tomatoes
1 6 oz can tomato paste
sea salt
half cube vegetable boullion
olive oil spray
1/3 cup cooking white wine
1/4 cup malt vinegar
1/4 cup white wine vinegar
1/4 tbs butter

Instructions

1. pre-heat oven to 450 degrees and poke holes in sweet potato and put directly on the oven rack for 50 min.
2. chop 3 onions and 3 cloves garlic
3. add garlic and onions to large sauce pan sprayed with olive oil spray

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4. saute until the bottom of the pot begins to brown
 5. add white wine
 6. in another small sauce pan add lentils, 1/4 cube bullion, and enough water to cover the lentils and cook for 30 min.
 7. when white wine has cooked down and onions and garlic are beginning to brown again add tomato paste. Saute tomato paste/onion/garlic mixture until it gets pasty and begins to brown on the bottom of the pot.
 8. Add crushed tomatoes and whole tomatoes and 3 tomato paste cans full of water, 1/4 tsp sea salt, and allow to simmer for 1-3 hrs.
 9. add 1 chopped onion and 1 chopped clove of garlic to a new saute pan with olive oil spray along with sausage links and saute until onions are carmelized.
 10. Add lentils to the sausage/onion/garlic mixture and then add malt vinegar and white wine vinegar.
 11. Take the sweet potato out of the oven slice length-wise and scoop out sweet potato into the sausage/lentil mixture. Separate sausage in the pan from the rest of the mixture so that the sausages brown and the rest of the mixture begins to get pasty.
 12. Bring water, butter, and sea salt to a boil in a seperate sauce pan. Add cous-cous, remove from heat and cover 5-7 min until all of the water is absorbed.
 13. When sausages are brown transfer them to serving plate.
 14. Saute remaining sweet potato/lentil/onion mixture in the pan for a few more seconds on high heat and scoop onto serving plate.
 15. Fluff cous-cous with a fork and transfer to the serving plate.
 16. Scoop out 4-5 spoonfuls of tomato sauce over cous-cous and sweet potato/onion/lentil mixture.
 17. Refrigerate or freeze remaining tomato sauce for later use.