

KALE BUTTER BEAN VEGAN SAUSAGE STEW

INGREDIENTS

- 1 onion, diced
- 1 package of 4 Field Roast Smoked Apple Sage Sausages, cut in slices
- 2 garlic cloves, minced
- 2 carrots sliced into rounds
- 1 box of veggie stock
- 2 cups of dried red or yellow lentils, rinsed
- 1 (28 oz) can diced tomatoes
- 1 tsp sea salt
- ½ tsp ground black pepper
- 1 can of butter beans, drained and rinsed
- 1 (5 oz) box of baby kale

DIRECTIONS

1. In a stock pot or Dutch oven, sauté the onions in a small amount of veggie broth until translucent – about 2-3 minutes.
2. Add the sliced vegan sausage and carrots and sauté until browned.
3. Add the garlic and sauté another minute.
4. Add the rest of the stock, scraping the brown bits off the bottom of the pan.
5. Add the lentils, tomatoes, and seasoning and simmer for 20-25 min until lentils are tender.
6. Add the butter beans and kale and cook another 2 minutes. Serve!

