

Slow Cooker Sausage & Lentil Stew

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- 1 celery stalk, chopped
- 1 small red onion, chopped
- $\frac{3}{4}$ cup shredded carrots, or 1 carrot, chopped
- 2 garlic cloves, minced
- 1 lb Italian turkey sausage, browned and broken up or sliced.
- 2 cups chicken stock
- 1 (14.5 oz) can diced tomatoes with zesty mild green chilies
- 1 cup lentils
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper

Instructions

Place all of the ingredients. Cook on low for 6-8 hours or until lentils are tender.

Shortcut ideas:

- The night before, chop the celery, onion, carrot and mince the garlic. Keep in one container in the refrigerator overnight. No chopping in the morning before work.
- Remember to thaw chicken stock in the refrigerator overnight if using [homemade frozen chicken stock](#).
- You can place uncooked sausage in the crock pot, but I prefer the taste of sausage that has been browned first.
- To really save time, you can also use pre-cooked sausage, but we prefer Italian sausage.

Freezer Prep: Place all of the ingredients EXCEPT THE LENTILS AND STOCK in a freezer bag and store in the freezer. Make sure the sausage is cooled before placing in the bag. I browned a 3 pound value pack of sausage and made 3 freezer meals. When ready to cook, thaw overnight in the refrigerator and place in the slow cooker in the morning along with the lentils and stock.