

Italian Sausage and Lentil Stew

- 1 c green [lentils](#)
- 3 links Italian [sausage](#), whole or bite size (or any sausage you prefer– mild, spicy, low-fat, vegetarian...)
- 1 28 oz can whole [tomatoes](#), cut irregularly to bite size
- 3 medium onions, finely chopped
- 2 T tomato paste
- 1/4 c sun-dried tomatoes in oil, cut into strips (optional)
- 1 bunch flat-leafed parsley, roughly chopped
- 2 cloves of garlic, minced
- 1 1/2 c water (or 1/2 beer or water plus 1/4 c white wine)
- 1 t kosher salt
- 1/2 t black pepper

Mix all ingredients, then bake, covered, at 400 degrees for 30-40 minutes. Can also be cooked in a slow cooker on high for 3-4 hours, or until the meat is browned and thoroughly cooked.

Serve with a side of brown rice and roasted asparagus.