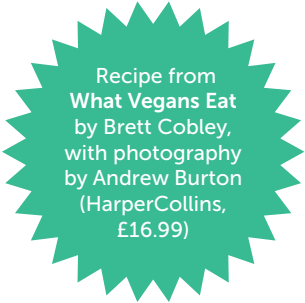


Sausage & Lentil Casserole



Serves 4

2 tbsp olive oil
1 onion, chopped
2 garlic cloves, crushed
4 carrots, chopped
1 tsp smoked paprika
1 x 400g tin chopped tomatoes
1 x 400g tin green lentils
4 large potatoes, quartered
400ml (1 2/3 cups) vegetable stock
1-2 bay leaves
80g (1/2 cup) farro wheat
8 vegan sausages
Chopped parsley, to garnish



Recipe from
What Vegans Eat
by Brett Cobley,
with photography
by Andrew Burton
(HarperCollins,
£16.99)

- 1 Heat a little of the oil in a casserole dish or large pan. Add the onion and soften for a few minutes, then add the garlic and carrots and sprinkle with the paprika. After 5 minutes of cooking add the tomatoes, lentils and their juice, potatoes and stock and stir to combine. Pop in the bay leaves and simmer for 10 minutes.
- 2 Remove the bay leaves and stir in the farro wheat, then place the sausages on top and simmer for another 15 minutes until warmed through.
- 3 Serve piping hot, scattered with chopped parsley.

For more information go to vegansociety.com. Our website provides all of the resources needed to make the transition to a vegan lifestyle. Discover more great recipes, find out more about veganism, and begin your vegan journey today!

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