Sausage & Lentil Casserole

The Vegan Society
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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 (½ cup) farro wheat
8 vegan sausages
Chopped parsley, to garnish

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!

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