

Lentil and Sausage Stew (Slow Cooker)



Serves	5-6
Prep time	15 minutes
Cook time	8 hours
Total time	8 hours, 15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Moderate Chemical
Meal type	Lunch , Main Dish
Misc	Freezable , Serve Hot , Slow Cooker

Ingredients

- 250g dried lentils (rinsed and drained)
- 400g butternut or squash pumpkin (cut into chunks)
- 4 cups water
- 1 Large carrot (chopped)
- 400g FAILSAFE sausages (approximately 6, refer to Basics Page)
- 1 stalk celery (finely chopped)
- 2 heaped teaspoons minced garlic
- 2 spring onions (finely chopped)
- 1/2 teaspoon salt
- 1 cup syrup from pears in syrup

Directions

1. Add all the ingredients into the slow cooker and mix together. Add a bit more water if the sausages and vegetables aren't covered.
2. Cook on low for 6 to 8 hours.
3. Before serving remove the sausages and cut into 1 - 2cm pieces. Add back into the slow cooker and stir well.
4. Serve with cous cous, rice or pasta.



Note

Moderate Salicylates, Low Glutamates, Low / High Amines

Note: the amine levels in meat increase with longer cooking times. If amines aren't tolerated this stew can be made in a large saucepan on the stove top or in the oven in a casserole dish with a much shorter cooking time.

Refer to the [Basics page for FAILSAFE sausages](#).