

Potato, Swede and Sausage Stew



Serves	6
Prep time	20 minutes
Cook time	6 hours
Total time	6 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot , Slow Cooker

Ingredients

- 6 FAILSAFE Sausages (Refer to Basics Page)
- 1 cup home made chicken or vegetable stock (Refer to Basics Page)
- 1/2 cup syrup from pears in syrup
- 6 Small potatoes (peeled and quartered)
- 1 Large swede (peeled and cut into chunks)
- 1 stick celery (finely sliced)
- 1/2 Large leek (finely sliced)
- 1/2 teaspoon salt
- 1 teaspoon minced garlic
- 3 cups water
- 1 cup soup mix (rinsed and drained)

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

Low Chemical / Failsafe

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. Soaking the soup mix before hand will decrease cooking time as well.

Refer to the [Basics page for FAILSAFE sausages](#) and [home made stock](#).

The soup mix I use contains pearl barley, yellow split peas, green split peas, mung beans, white beans, red lentils, small red beans, black eyed beans, faba beans, green lentils and pinto beans.