

Kale, Sausage, and Lentil Skillet Supper

Prep Time: 10 mins

Cook Time: 51 mins

Total Time: 1 h 1 mins

Ingredients

- * 3 teaspoon oil, olive, extra virgin, divided
- * 12 ounce(s) sausage, chicken, precooked, 1 package
- * 1 large onion(s), thinly sliced
- * 2 tablespoon garlic, chopped
- * 1 pinch pepper, red, crushed, or to taste
- * 2 1/2 cup(s) water
- * 1 1/2 cup(s) wine, red, table
- * 1 cup(s) lentils, preferably French green
- * 12 cup(s) kale, tough stems removed
- * 1 teaspoon sage, fresh, chopped
- * 1/4 teaspoon salt
- * pepper, black ground, to taste



Preparation

1. Heat 1 teaspoon oil in a large skillet over medium heat. Add sausages and cook until browned on all sides, 4 to 5 minutes total. Transfer to a clean cutting board.
2. Add the remaining 2 teaspoons oil and onion to the pan and cook until browned, 4 to 5 minutes. Add garlic and crushed red pepper and cook, stirring, until fragrant, about 15 seconds.
3. Add water and wine, increase heat to high and bring to a boil, scraping up any browned bits. Add lentils, reduce heat to maintain a simmer, and cook, partially covered, for 40 minutes.
4. Add kale, sage and salt and cook, covered, stirring occasionally, until the lentils and kale are tender, about 10 minutes more. Slice the sausage and stir into the pan along with pepper.
5. Cover and cook until heated through, about 2 minutes.