



# Rutland, Steady, Cook!

## The Boot Inn's Boot Banger Casserole

### Ingredients

400g Sausages (ideally Lincolnshire or Rutland)  
1 Onion  
2 Cloves of Garlic  
500g Chopped Tomatoes (or Passata)  
1tbsp Tomato Puree  
240g Lentils

1 Chicken Stock Cube  
1 Vegetable Stock Cube  
200ml Red Wine  
1 Bay Leaf  
1 Large Sprig of Thyme  
Worcestershire Sauce  
Salt and Pepper, to taste

### Method

1. Heat a little olive oil in a deep pan and fry the sausages for 6–8 minutes, or until lightly browned on all sides. Transfer to a plate and return the pan to the heat.
2. Add a splash more oil to the pan and gently fry the onion and garlic, until softened and lightly browned, stirring regularly, add the lentils and red wine and reduce wine by half.
3. Add the tomatoes, puree, lentils and crumble in the stock cubes. Add 500ml of water, bay, thyme and a splash of Worcestershire.
4. Bring to a gentle simmer. Return the sausages to the pan and season to taste with salt and pepper.
5. Put the mix into a casserole or an ovenproof dish. Cook at 180°C/Gas Mark 4 for about one and a half hours (until lentils are soft) and sauce is thickened.
6. Finish with fresh chopped chives (if you have!).
7. Serve with tender stem broccoli or any green veg you can find. We like to have some warmed, crusty bread to mop up the sauce after too!

Don't forget to share your own **The Boot Inn's Boot Banger Casserole** image on Facebook using **#RutlandSteadyCook**

### Thank you to:

The Boot Inn, South Luffenham