



sausage and butternut squash skillet supper

ingredients

2 pounds good-quality fresh italian sweet sausage, casings removed
a fat handful sage--2 tbsp. finely chopped, 2 tbsp. coarsely chopped
1 teaspoon fennel seed
1/4 teaspoon ground cloves or ground allspice
coarsely ground black pepper
2 tablespoons olive oil
1 1/2 pounds butternut, cheese or red kuri squash--peeled, seeded and cut into 1-inch cubes
1 large onion, chopped
4 cloves garlic, sliced
1 small fresh fresno or red jalapeno chile pepper, finely chopped, or 1 tsp. crushed red pepper
1/4 teaspoon freshly grated nutmeg
salt
1/2 cup chicken stock
a wooden spoon

in a medium bowl, mix the sausage, finely chopped sage, fennel seed, cloves and lots of coarsely ground black pepper.

in a Dutch oven or a large skillet with a lid, heat the olive oil, two turns of the pan, over medium-high. add the sausage mixture and cook, breaking into large pieces with the back of a spoon, until browned, about 6 minutes.

add the squash, onion, garlic, chile, nutmeg and coarsely chopped sage; season with salt and pepper. cook, stirring occasionally, until the vegetables begin to soften, 2 to 3 minutes. add the stock and cover. reduce the heat to medium-low and simmer, stirring occasionally, until the squash is tender, 18 to 20 minutes.



tobacco, weed, beer
and whiskey are all
made from plants...

i think i might be a
vegetarian

