

Portuguese Sausage and Onion Stew

Yield: Makes 6 Servings (3 ½ Quarts)

INGREDIENTS	WEIGHTS	MEASURES
Spicy Italian Sausage	1 Pound	
Mild Italian Sausage	1 Pound	
Yellow Onions, sliced	1 pound	1 Qt. (4 C)
Potatoes, cubed ½ in.	1 pound	1 Qt. (4 C)
Celery, sliced	½ pound	2 C
Zucchini, sliced	½ pound	2 C
Tomatoes, peeled, diced	1 pound	1 Qt. (4 C)
Red kidney beans, undrained	1 can	2 C
Water		1 Qt. (4 C)
Garlic, minced		1 T.
Anise seed, crushed		1 T.

METHOD:

Remove sausage meat from casings with a scissor or knife. Crumble and sauté sausage until cooked. Drain off fat. Combine sausage and all remaining ingredients in kettle. Cover, bring to boil and simmer, covered, for 45 minutes or until potatoes are tender and flavors well blended.