

# One Skillet Ground Lamb Sausage with Potatoes & Rosemary

If you love garlic, rosemary and lamb, then we think you'll love this recipe. Eat this dish for breakfast with eggs, over rice and with a side of greens, or just eat a bowl of it by itself. If you feel like you're craving some spice, add a minced serrano pepper without the seeds for a little heat.

## INGREDIENTS

- 3 tablespoons oil
- 1 ½ pounds lamb sausage, sliced into 1" pieces if you're using links
- 3 medium potatoes, cubed - peeled or unpeeled. Can also use an equivalent amount of small potatoes.
- 1 onion, diced
- 5 teaspoons minced garlic
- 2 tablespoons minced rosemary (fresh)
- 1 ½ teaspoons salt, adjust to taste
- 1 teaspoon black pepper



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## DIRECTIONS

Heat oil in a large skillet or a dutch oven or heavy bottomed pot over medium heat.

Add the sausage, potatoes, onion and cook for 10 minutes. The meat should be fully browned.

Add the garlic, rosemary, salt, pepper and stir-fry for 1-2 minutes.

Cover with a lid for 2-3 minutes or until the potatoes are cooked through.

Serve!

*recipe via myheartbeets.com*

## Market Shopping List

- Lamb sausage - Turtle Creek/Blue Moon Woolworks
- Potatoes - Stonewall Apiary
- Garlic - Apis Verdi, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin', Wayne's Organic
- Onions - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Olive oil - Ariston
- Rosemary - Woodward Greenhouses
- Salt, pepper - **Highland Park Market of Coventry**



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