

# Butternut, Sausage, Apples and Onions

Chef Jenn Magrey  
Ledyard Farmers Market

1 tablespoon olive oil

4 links Bratwurst – Broad Brook Farm

4 cups - peeled butternut squash – small, bite sized dice  
– **Smith Acres and LoPresti Farms**

1 cup diced onion – **Smith Acres**

1 tart apple – diced – **Smith Acres**

3 tablespoons butter

½ teaspoon cinnamon

1/2 teaspoon kosher salt

Fresh black pepper – to taste

1 tablespoon apple cider vinegar

2 tablespoons Shagbark Syrup – **Turkey Woods Farm**

- Heat the oil in a large skillet over medium heat. Add the sausage links and cook until browned on all four sides. About 10 minutes
- After they are browned, I like to add a little water (about ¼ cup) and cover for about 5-8 minutes to steam the sausage. I do this after they brown to ensure that the sausage is cooked through.
- Once the sausage is cooked through, remove from the pan and set aside to cool.
- While the sausage is set aside cooling, add to the same pan the butternut squash, apple and onions *and cover*.  
\*\*Covering is to cook/steam the veggies, stirring is to not brown too quickly.
- Remove lid and stir every few minutes.
- Cook all together for about 12-15 minutes.
- While the veggies are cooking, cut the cooked and cooled sausage into bite-sized pieces.
- Add the cut sausage back to the pan with the cooked veggies. Stir well to combine.
- Add the vinegar to the pan and stir into the veggies.
- Now add the butter, cinnamon, Shagbark Syrup, salt and pepper.
- Stir well to coat evenly with the seasonings. Taste and add more salt and pepper as desired. Enjoy!
- This is great as a meal with a green salad!

To make leftovers into a **butternut and kale soup**....

- Add 4 cups water with Onion Soup Mix (**from Sweet Country Roads**) to the leftover veggies into a saucepan and heat through.
- Using an immersion blender, puree the veggies and sausage until broken down and pureed.
- Add 4 cups chopped kale and simmer until the kale is cooked through. About 10 minutes.
- Taste for salt and pepper and add as desired
- Add about ½ cup cream or half and half....enjoy!