

ROCK YOUR RUTABAGA

A Traditional Scottish Dish



Photo Credit: Rockford Farmers' Market

INGREDIENTS

- 1 tablespoon **Olive Oil**
- 2 large **Onions**, chopped
- 1 lb. mild **Sausage Links**
- 3 large **Potatoes**, cubed
- 2 **Rutabagas**, peeled & cubed
- 2 **Carrots**, sliced
- 1/3 cup **Chicken Stock**
- 1/4 teaspoon **Worcestershire Sauce**
- **Salt and Pepper** to taste

DIRECTIONS

Step 1: Heat oil in a large pot with a tight fitting lid over medium-high heat.

Step 2: Cut the sausages in half and cook in oil until they begin to brown on all sides, add onions and cook until they begin to brown, about 5 minutes.

Step 3: Gently stir the potatoes, carrots and rutabagas into the pot and add the chicken stock, Worcestershire sauce and salt/pepper.

Step 4: Bring to a simmer and cook, covered, on medium low until sausages are no longer pink and vegetables are tender, 24- 30 minutes.

Step 5: If you wish, add additional chicken stock to make the dish saucier.



Recipe: By Rockford Farmer's Market

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