

Savory Andouille & Sorghum Stew

Grand Prize Winner: RDN-Recipe Contest

Submitted by: Marissa Gregurek



Total Servings: 6



Prep Time: **15 minutes**

Cook Time: **40 minutes**



Ingredients

2 cups water
½ cup pearled sorghum grain
1 Tbsp vegetable oil
6 oz Andouille sausage, thinly sliced
1 medium yellow onion, diced
3 ribs celery, diced
3 cloves garlic, minced
2 bay leaves
2 Tbsp Cajun seasoning
1 (32 oz) carton reduced-sodium chicken broth
1 (15 oz) can black-eyed peas, drained and rinsed
3 cups roughly chopped turnip greens
Salt and pepper to taste
Cornbread, for serving
2 green onions, sliced

Instructions

1. In a small pot, bring 2 cups water to a boil. Add pearled sorghum. Simmer, covered, for 30 minutes, stirring occasionally.
2. Meanwhile, in a large stockpot, heat vegetable oil over medium heat. Add Andouille sausage and cook 3-5 minutes until browned. Remove sausage from pot using a slotted spoon and set aside.
3. Add onion and celery to stockpot and sauté 3-5 minutes until they begin to turn translucent. Add garlic, bay leaves, and Cajun seasoning. Mix well, and sauté 1-2 additional minutes.
4. Slowly stir in chicken broth, using a spoon to gently loosen any browned bits on the bottom of the pot. Bring to a boil. Add black-eyed peas and reduce heat to simmer for 5-7 minutes.
5. Return andouille sausage to stockpot. Transfer precooked sorghum into the stockpot and mix well. Stir in turnip greens. Simmer for an additional 5-10 minutes, until greens are wilted, and sorghum is tender. Add salt and pepper to taste.
6. Serve in bowls with cornbread for dipping. Top with green onion as desired.

powerful
+ pairings
delicious + nutritious + ingenious