



Garlic Beef Sticks Add Great Flavor and a Healthy Bonus

Beets 'N Potatoes Sausage Supper

Roast the beets and potatoes together

Roast Beets and Potatoes:

- 3 medium fresh red beets, peeled, cut in small chunks
- 2 Tablespoons liquid coconut oil or olive oil, divided
- 8 to 10 petite red potatoes, halved

Easy Sausage Supper:

- 2 Tablespoons liquid coconut oil or olive oil
- 1 large onion, peeled, chopped
- 4 ounces shiitake mushrooms, stemless, chopped
- 3 (1 ounce) packets Paleo Valley garlic summer sausage beef sticks, sliced into thin rounds

1-1/2 to 2 cups bone broth as needed
1-1/2 to 2 cups sliced fresh baby spinach
Salt; ground black pepper as desired

Garnish: Fresh baby spinach leaves, as desired

Before Roasting: Preheat oven to 400 degrees F. Lightly oil foil lined shallow baking pan.

Roast Beets and Potatoes: Oil your hands and cutting board when peeling or cutting red beets; toss beets with 1 Tablespoon oil; toss cut potatoes with 1 Tablespoon oil. Place both vegetables in baking pan; bake in preheated oven for about 25 to 30 minutes. Test for tenderness with a fork. Sprinkle lightly with salt and black pepper; wrap potatoes and beets in foil; set aside for 15 minutes. The potatoes will be a rosy color from the beets. Serve warm or cool and store in refrigerator in covered container.

Prepare Sausage and Potatoes: Heat oil in large skillet; add onion; sauté until golden; toss in mushrooms and sliced sausage; cover; cook for about 5 minutes until mushrooms are tender. Stir in about 1-1/2 cups broth and roasted beet chunks; bring to a boil; reduce heat; simmer for 15 minutes. Stir in spinach; toss until starts to soften. Season to taste with salt and black pepper.

To Serve: Place sausage/beet mixture in shallow bowl; garnish dish with fresh spinach and warmed roasted potato chunks.

About the Recipe: Easy does it! Roast the potatoes and beets ahead of time and have them ready to pop in the supper dish. The garlic beef flavored sausage adds great flavor to the onion mushroom sauce. Stir in the roasted beets and finish it off with some fresh spinach. Add roasted rosy colored potatoes to the top or stir them in. Supper is ready when you are!