



Quick Apple and Leek Sausages

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 2

Nutrition Information Per Serving

493.7 calories, 17.76 g carbohydrate, 3.04 g fiber, 14.72 g NET carbs, 20.22 g protein, 38.43 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 small organic apple, cored, peeled, and finely chopped
- 1 clove garlic, minced
- 1/2 tsp(s) organic dried rosemary
- 1 whole leek, thinly sliced
- 1 tsp ground sage
- 2 Tbsp(s) avocado oil
- 1/2 pound(s) ground pastured pork
- 1 tsp organic dried thyme

Preparation

1. Heat half the oil in a medium skillet and add the leeks, apple, and garlic.
2. Cook until soft and stir in the seasonings.
3. Transfer to a bowl and add the pork.
4. Season with salt.
5. Form into sausage patties.
6. Heat remaining oil in the same skillet.
7. Add the sausage patties and cook until browned and cooked through to internal temperature of 160 F before serving.

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