

Deliciously Rich Sausage Bean Casserole

Prep Time; 15 minutes

Cooking Time; 1 hour

Serves; 4.

Ingredients.

- 2 Tbsp rapeseed oil
- 1 Onion, diced
- 2 Sticks celery, finely chopped
- 1 Yellow pepper, chopped
- 1 Red pepper, chopped
- 1 Large chorizo, sliced
- 8 Good quality pork sausages
- 3 Large garlic cloves, chopped
- 1½ Tsp Smoked paprika
- ½ Tsp Ground cumin
- ½ Tsp chilli powder (optional)
- 125ml White wine
- 2 x 400g Tinned chopped tomatoes
- 1 Tsp Honey
- 3 Sprigs fresh thyme
- 1 x 28g Chicken stock pot or stock cube.
- 1 x 400g Cannellini or kidney beans, drained & washed



Method;

1. Heat rapeseed oil in a large pan.
2. Add chopped onion and simmer for 5 minutes.
3. Place the pork sausages under a medium grill for 5 minutes to brown. They do not need to be fully cooked, this is to add a little colour to them.
4. Add the celery sticks, yellow and red pepper to the onions and cook for a further 3 mins.
5. Add sliced chorizo, garlic, paprika, cumin and chilli powder. Stir and cook for 1 minute.
6. Add the wine and stir well ensuring no residue remains on the bottom of the pan.
7. Add the tinned tomatoes, fresh thyme and chicken stock. Bring to a simmer while stirring. Add the browned sausages then continue to cook for 40 minutes.
8. Add 400g of beans and the honey. Stir and continue to cook for a further 10 minutes.
9. Before serving remove the thyme sprigs and season with salt and black pepper to taste.

Author Notes;

This delicious recipe can be cooked in the slow cooker. Make sure you brown the sausages first, follow up to step 3 then add all the ingredients to a large slow cooker and cook on low for 5-6 hours.

Suitable for freezing for up to 3 months.

Recipe inspired from bbcgoodfood.com