

Delicious Dinners

Sausage and Bean Casserole



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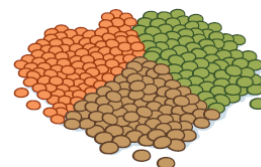
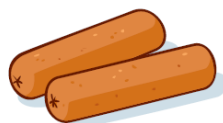
Serves 6

Ingredients:

- 2 tablespoons olive oil
- 1 large onion
- 2 carrots
- 4 slices bacon
- 4 reduced fat or quorn sausages
- 1.5 tablespoons plain flour
- 3 tablespoons tomato puree
- 400 ml beef stock
- 3 bay leaves
- Black pepper
- 1 large can mixed beans
- 100 g button mushrooms
- 8 cherry tomatoes
- ½ orange pepper

Equipment:

- Casserole dish
- Knife
- Chopping board
- Tablespoon
- Weighing scales
- Sieve



Method:

1. Pre-heat the oven to 180°C.
2. Peel and chop carrots into large chunks. Peel and dice onion. Wash and quarter mushrooms. Halve the tomatoes. Dice the pepper.
3. Trim the visible fat from the bacon and chop into finger sized pieces. Cut each sausage into five pieces.
4. Drain and rinse the beans.
5. Heat the oil in a large casserole dish over a high heat.
6. Add the onions and carrots and fry until golden brown.
7. Add the bacon and sausage and fry for a further three minutes or until starting to brown.
8. Add the flour and stir continuously for a minute to coat the meat and vegetables.
9. Stir in the puree, stock, beans, mushrooms, tomatoes and orange pepper.
10. Add the bay leaves and a good pinch of black pepper.
11. Bring to the boil, cover with a lid and bake for 30 minutes until the sauce has thickened and the sausages are tender.
12. Serve with fluffy mashed potato and crisp broccoli florets.