

Sausage & bean casserole

Ingredients

30ml (2 tbsp) oil
1 onion, finely chopped
2 sticks celery, finely chopped
1 yellow pepper, chopped
1 red pepper, chopped
3 garlic cloves, peeled and chopped
6 cooking chorizo sausages
6 pork sausages
5ml (1 tsp) sweet smoked paprika
2.5ml (½ tsp) ground cumin
15ml (1 tbsp) dried thyme
125ml white wine
2 x 400g tins tomatoes
1 chicken stock cube
1 x 400g tin aduki beans, drained

Equipment

White tray
Chopping board
Vegetable knife
Metal plate
Large saucepan
Tablespoon
Wooden spatula
Teaspoon
Measuring jug
Can opener

Method

1. Prepare the onion, celery, peppers and garlic
2. Heat the oil in a large pan. Add the onion and cook gently for 5 minutes. Add the celery and peppers and cook for a further 5 minutes
3. Add the sausages and fry the sausages for 5 minutes, then stir in the garlic, spices and dried thyme and continue cooking for 1 – 2 minutes or until the aromas are released
4. Pour in the wine and use a wooden spatula to remove any residue stuck to the pan. Add the tinned tomatoes and bring to a simmer. Crumble in the stock cube and stir in.
5. Cook for 30 - 40 minutes. Stir in the beans and cook for a further 5 minutes. Season with black pepper and serve.