

Sausage & Bean Casserole

10 minutes preparation

45 minutes to cook

Serves 4



INGREDIENTS

2 tbsp olive oil

x1 onion

x2 garlic cloves

x1 pack chipolata sausages

x2 large mushrooms, finely chopped

x1 courgette finely chopped

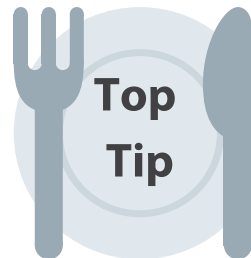
1 tin butter beans

1 tin chopped tomatoes

1 jar spicy tomato sauce

2 tsp smoked paprika

1/2 tsp granulated sugar (Optional)



Serve with roasted vegetables and mini roast potatoes

METHOD

1. Add the oil into a large frying pan. Once hot, add onions and garlic, cook on a low heat for 5 mins. Cut the sausages into quarters and fry for a further 5/10 mins or until turning slightly golden
2. Add the mushrooms, courgette and butterbeans, and cook for 5 mins before adding in chopped tomatoes and tomato sauce.
3. Sprinkle the paprika and sugar, stir and simmer for 20 mins, stirring occasionally