

Our Recipe

PEPPERS WEEK



MEATY
RECIPE

Ingredients

10ml vegetable oil
150g onions, sliced
20 sausages of your choice
7g crushed garlic
100g sliced frozen peppers
280g baked beans
600ml vegetable stock, made up
300g HC3S homemade tomato sauce,
see recipe online
7g mixed herbs

Petrifying Pepper, Sausage and Bean Hot Pot
Serves 10



Method

1. Cook your choice of sausages on a baking tray in a hot oven for 10-15 minutes. Drain off any excess fat.
2. Whilst the sausages are cooking, heat the oil in a frying pan and then fry off the onions and garlic.
3. Once browned, mix with the HC3S homemade tomato sauce, vegetable stock, frozen peppers, mixed herbs and baked beans.
4. Add in the sausages and then place in a casserole dish.
5. Cover and cook for 30 minutes in a hot oven 180/Gas 4.
6. Serve with some blood curdling broccoli and ear popping peas.
- 7.

You're Stuffed Peppers!

**EAT THEM
TO DEFEAT THEM**

