

Sausage & Bean Tomato Casserole

Serves 4

INGREDIENTS

- 2 tbsp olive oil**
- x1 onion**
- x2 garlic cloves, finely chopped**
- x1 pack chipolata sausages**
- x2 large mushrooms, finely chopped**
- x1 courgette, finely chopped**
- 1 tin butter beans**
- 1 tin chopped tomatoes**
- 350g HC3S tomato sauce**
- 2 tsp smoked paprika**



Find our [Tomato Sauce](#) recipe.

METHOD

- 1. Add the oil into a large frying pan. Once hot, add onions and garlic, cook on a low heat for 5 mins. Chop the sausages and fry for a further 5-10 mins or until turning 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, stir and simmer for 20 mins, stirring occasionally.**

Serving suggestion- enjoy with our [no flour or yeast bread](#) or [pasta](#).