

# Recipe of the week – Sausage and Bean Casserole

- This is the perfect recipe for those cold winter evenings. Especially as it is very easily adapted, you can use any type of sausages, different vegetables or beans can be substituted.
- If you are vegetarian or vegan swap to plant based sausage and vegetable stock



# Recipe - Ingredients

- 1 red or yellow pepper, deseeded and cut into big chunks
- 2 carrots, cut into thick slices
- 2 onions, cut into wedges
- 1 pack of sausages, cut into thirds
- cherry tomatoes
- 400g can white beans, drained
- 200ml chicken stock
- 100g frozen peas

## **Substitutions:**

Any type of sausage, including vegetarian or vegan

Tinned tomatoes instead of cherry tomatoes

Vegetable stock instead of chicken stock

# Method: getting prepared

- Wash your hands



- Get out your equipment:
- Vegetable peeler
- Small sharp knife
- Chopping board
- Deep casserole dish
- Oven Gloves

# Method: Getting prepared

- Preheat the oven to 200c/gas mark 7



# Method- preparing the vegetables

- Deseed and chop the pepper into big chunks
- Peel the onion and cut it into wedges
- Peel the carrot and chop into thick slices



# Method: Making the casserole

- Put the prepared veg into the casserole dish with some 1 tbsp. oil and roast for 15 minutes
- Add the Sausage and roast for a further 15 minutes



# Method: Making the casserole

- Put the prepared veg into the casserole dish with some 1 tbsp. oil and roast for 15 minutes
- Add the Sausage and roast for a further 15 minutes



# Method: Making the casserole

- Turn down the heat to 180C/ gas mark 4.
- Take the casserole dish out of the oven, make sure you are wearing oven gloves. Add the beans, cherry tomatoes and stock to the casserole dish, stir and put back into the oven for 30 minutes





# Method – Finishing the Casserole

- Add the frozen peas and cook for an additional 5 minutes.
- Serve with potato, past or some nice bread



# Method – once the Sausage Cassarole is done.

- Do the washing up!



- Finally: please send a picture of your Sausage Casserole to
- [gwelsh@brentford.hounslow.sch.uk](mailto:gwelsh@brentford.hounslow.sch.uk)