

Sausage and Bean Casserole

Ingredients

1 pack sausages
2 cloves garlic
1 onion
1 tbsp oil
1 400g can mixed beans
1 400g can chopped tomatoes
Salt and pepper to season
1 tsp sugar
Tomato puree

★ Aim Higher

Swap beans for chilli beans
Consider including the following ingredients
Mushrooms
Bacon- 3 slices
Few sprigs thyme
1 tsp paprika

Equipment

All equipment is provided by school

**** Bring a container with lid to take your food home ****

Oven Temperature: 230°C or 210°C fan or Gas 8

Method

1. Prick the sausages all over to prevent the skins splitting and place on a baking tray
2. Finely slice or crush the garlic and sprinkle over the sausages, add the thyme if using.
3. Place the sausages into the oven and bake for 10 minutes.
- 4.
5. Cut the onion finely and fry in the oil until soft.
6. Add mushrooms and bacon if using
7. Drain and rinse the beans and add into a saucepan, and then add the chopped tomatoes.
8. Bring the saucepan to a simmer, and add the sausages.
9. Simmer for 10-12 until the sausages are cooked through.
10. Season to taste with the salt and pepper. If the sauce is too sharp, sweeten with the sugar. Adjust the consistency with tomato puree.
11. Reheat thoroughly before serving at home.