

4 Sausage and bean casserole

Adapted from a recipe in Fiona Beckett's "Ultimate Student Cookbook".

Serves 4

Ingredients

1 red onion, peeled and roughly chopped
1 yellow pepper (or orange or red)
1 tablespoon (15ml) light olive oil or other vegetable oil
1 450g pack sausages (count sausages before you buy them - allow 2 large or 3 small sausages per person ie pack of 8 large or 12 thin chipolata sausages)
1 tin butter beans, drained and rinsed
1 tin flageolet beans, drained and rinsed
1 tin chopped tomatoes
100ml red wine
100 ml hot vegetable stock (water with half a stock cube is fine)
1 teaspoon smoked paprika
salt and pepper
light olive oil
chopped parsley to garnish (optional)

1. Peel and roughly chop the onion and set aside. Wash, dry, halve, deseed and dice the pepper and set aside.
2. In a lidded casserole suitable for use on the hob (eg Le Creuset type enamelled cast iron) or a large lidded saucepan sweat the onion over a low heat in 1 tbsp oil.
3. Increase the heat and add the sausages. Brown lightly for a couple of minutes then add the beans, tomatoes, wine, stock and smoked paprika. Bring to the boil, cover and simmer over a gentle heat for 1 hour, stirring occasionally.
4. Serve with a jacket potato, baked potato wedges or crusty bread and a vegetable such as steamed broccoli or a salad.