



YSGOL CWM BROMBIL COMMUNITY

No Tomato Sausage Casserole

SERVES 2 – 4 | **COOKS IN** 1 HOUR & 15 MINUTES

Ingredients:

- 320g Onions
- 320g Carrots
- 200g Red peppers or other peppers
- 300ml Chicken or Vegetable stock
- 4 Cloves of garlic
- 1 tbsp. light cooking oil
- 6 Sausages
- 400g can of pinto or other beans
- 200g Diced squash, swede or potato
- 1 tbsp. mixed dried herbs
- 1 tbsp. balsamic vinegar, or 2 tsp vinegar and 1 tsp sugar or honey



Method:

1. First, make your base: the easiest way to do this is in a small bullet blender or a jug blender if you do not have the bullet kind. Peel your onion and roughly chop it, and pop half of it in the blender, leaving half for later. Slice your carrot and add half of that too, then all of the pepper, discarding only the green stalk – the seeds will be liquidised, so you can leave those in. Add 300ml of stock, and blend to a liquid. Set this to one side for a moment.
2. Pop the remaining onion and carrot in a large non-stick pan. Peel your garlic and halve it lengthways, and add that too, along with the sausages. Drizzle with the oil, and place on a medium hob ring on a medium heat. Cook for 5-6 minutes, nudging it with a wooden spoon or spatula every now and then to stop it from sticking to the pan.
3. Pour over the base sauce. Drain and rinse the beans and add them to the pan, along with the squash (or swede or sweet potato). Bring to the boil, and then reduce to a simmer. Add the herbs, and season with a little salt and pepper. Cover, and simmer for 30 minutes, or until the sausages are cooked and the squash is soft. You may need to add a little extra water, depending on your pan and the veracity of your hob, so keep an eye on it and give it a stir every now and then.
4. This is a dish that improves with a long slow cook, so if you can spare the time and energy, cook it for 30 minute more, topping it up with water or stock as necessary. If you have other things to do, or you're watching your energy bill, remove it from the heat and cover tightly, and leave to cool for 30 minutes instead, then blast it through to piping hot to serve. Finish with balsamic vinegar (or ordinary vinegar and a dash of honey or sugar) and stir through before serving.