



Sausage casserole

For 4 people

Read first

- Fire can burn, children must be watched by an adult at all times
- Remember the pan will get very hot

Equipment

- Knife & chopping board
- Dutch oven
- Wood spoon
- Serving spoon
- 4 mess tins to serve

Ingredients

- 2 tbsp vegetable oil
- 1 onion
- 2 sticks celery
- 2 peppers
- 800g sausages
- 800g chopped tomatoes
- 400g can beans
- 3 garlic cloves
- 1 ½ tsp sweet smoked paprika
- ½ tsp ground cumin
- 1 tsp dried thyme
- 125ml water or stock



Chop and cook the vegetables

Finely chop the onion and celery

De-seed and chop the peppers

Heat 2 tbsp oil in dutch oven or very large pan

Add onion and cook gently for 5 minutes

Add peppers and celery and cook for 5 minutes



Add sausages and herbs

Add sausages and fry for 5 minutes

Stir in chopped garlic and herbs

Cook couple of minutes or until the aromas are released



Add tomato and stock and cook

Add tomatoes and stock and bring to a simmer

Cook for 40 minutes

Drain the can of beans and add. Cook for a further 5 minutes



- 20 minutes preparation



- 1 hour cooking time