

# Spanish-Style Smoked Sausage And Bean One-Pot



Cooking time approx: 35-40 minutes

Cooked on the hob

Serves approx: 4

## **Ingredients**

250g Smoked Pork Sausage, sliced (pre-cooked e.g Mattessons Smoked Pork Sausage)

400g Tinned chopped plum Tomatoes

410g Can of Cannellini Beans, drained and rinsed

1 Onion, peeled and chopped

2 Cloves of Garlic, peeled and chopped

2 Sticks of Celery, chopped

1 Red Pepper, deseeded, sliced and roughly chopped

150ml Dry White Wine

A little oil for frying

Freshly ground Black Pepper

- Heat the oil in a large frying pan and add the sliced Pork Sausage. Cook for 4 minutes, turning halfway through.
- Add the onion, celery, red pepper and garlic, and cook until soft
- Stir in the wine and tomatoes
- Season with a little black pepper
- Simmer for about 20 minutes, stirring occasionally, until the sauce has thickened
- Add the cannellini beans and simmer for about 5 minutes or until the beans are hot and have softened.
- Serve hot in bowls

Serve with fresh crusty rolls. Tiger rolls are lovely with this but you can choose any rolls or bread that you like.

### Tips

- You can use smoked, skinned Chorizo if you prefer, but don't add oil to the frying pan as the Chorizo will release its own oil as it cooks.
- If you want to reduce the fat content you can use a reduced- fat cooked smoked pork sausage instead.
- If you're not keen on garlic you can leave it out
- You can use any colour pepper you prefer or have handy
- If you're not keen on white wine in food you can change it for 150ml of stock of your choice.
- Tinned food weights can vary depending on the brand so if they're a little less or a little more don't worry, you will still have a tasty one-pot meal to enjoy.

You can **freeze** any leftover portions for future use. Defrost then reheat in a **microwave**, using a microwaveable bowl.

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