

Tuscan White Bean and Sausage Casserole

Ingredients

12 pork or beef sausages
6 rashers rindless streaky bacon cut to 2.5 cm pieces
2 - 3 tablespoon frying oil
2 onions
2 garlic cloves
½ teaspoon hot chilli powder
or 1 teaspoon smoked paprika
400 g tin chopped tomatoes
2 tablespoon tomato purée
½ tablespoon Worcestershire sauce
2 tablespoon dark brown muscovado sugar
1 teaspoon dried mixed herbs
2 bay leaves optional
3-4 fresh thyme sprigs optional
300 ml chicken stock or vegetable stock
100 ml red or white wine optional
400 g tin butter beans
Salt optional
Ground pepper optional

Method

1. Brown the sausages and bacon under the grill preheated to 200C.
Grill on the middle shelf for 8 minutes. Next, turn them over, add pieces of bacon and insert the tray back to the oven for 10 more minutes. Or brown sausages in a fry pan with a small amount of oil for 10 minutes then add bacon cook for a further 5 minutes
2. While the sausages are cooking, start preparing the sauce. Heat up a few tablespoons of oil in the shallow cast iron pot, add the onion in and fry until soft and opaque, around 5 minutes.
3. Add the garlic into the cast iron pot and fry with onion for 2 – 3 more minutes, until the onion is lightly golden.

4. Sprinkle in the chilli powder/smoked paprika; give it 3 - 4 stirs.
5. Quickly add tomatoes, tomato puree, Worcestershire sauce, brown sugar, salt and herbs (to stop paprika from burning).
6. Pour in the stock and wine (or the same amount of water if you are not using wine) and bring to a gentle simmer and give it a good stir.
7. Transfer browned sausages and bacon from the tray to the sauce. Reduce the heat to low - medium and gently simmer for 20 minutes.
8. After approximately 20 minutes stir in the beans and cook for additional 10 minutes. Keep the heat on low - medium.
9. If you prefer the sauce thicker, you can extend the cooking time 5 - 8 minutes to reduce down
10. serve with, bread, mash or rice