

# Sausage and Bean Hot Pot

**This easy recipe is really hearty and great for winter.** Cooked in one pot to save on washing up, this is an economical dish to serve to family and friends. This Hot Pot can be served on its own with crusty bread, but it can also be served with mashed potato and a green vegetable to make a more filling meal.



Soya, sulphites and wheat (gluten)\*

Nutritional information per portion (355g):

Energy 1306kJ 312kcal 16%	Fat 11g 16%	Saturates 3.1g 15%	Sugars 8.6g 10%	Salt 1.7g 28%
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of an adult's reference intake.  
Typical values per 100g: energy 368kJ/88kcal.

## Equipment

Scissors  
Plate  
Can opener  
Sieve or colander  
Sharp knife  
Chopping board  
Frying pan or large saucepan with lid  
Measuring spoons  
Wooden spoon  
Casserole dish  
Measuring jug  
Pan stand  
Oven gloves  
Tasting spoon

## Ingredients

**Serves 4**  
8 thick reduced-fat pork sausages (approximately 450g)  
400g can butter beans  
1 red pepper  
1 medium onion  
1 x 15ml spoon vegetable oil  
¼ x 5ml spoon chilli flakes  
1 x 5ml spoon fresh OR ½ x 5ml spoon dried rosemary (optional)  
400g can chopped tomatoes  
2 x 15ml spoons tomato puree  
125ml water  
Ground black pepper (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- Any good-quality sausages can be used. Lincolnshire, Cumberland and vegetarian sausages all work really well.

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## Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Twist each sausage in the middle and cut in half with scissors so that each sausage makes two. Now put the 16 small sausages onto a plate and wash your hands after touching the raw meat.
3. Open the can of butter beans, drain into a colander and rinse under the cold tap.
4. Wash the pepper. Cut the top off and remove the seeds and white pith. Cut into 1cm squares.
5. Peel and finely chop the onion.
6. Heat the oil in a large saucepan, or frying pan, or heat-resistant casserole dish. Add the sausages and cook for 5 minutes on a medium heat until they are brown.
7. Add the onion and pepper to the pan and cook gently for 5 minutes until the vegetables start to soften.
8. Add the chilli flakes and fresh or dried rosemary. Stir well and cook for 2 minutes.
9. Add the butter beans, tomatoes and water. Bring to the boil and add the tomato puree, stir well and simmer for 5 minutes uncovered.
10. Transfer to a casserole dish (if not already using one). Put the lid on the dish or cover with aluminium foil. Place in the oven on the top shelf for 30 minutes.
11. Add black pepper to taste (if using) and serve.

## Something to try next time

- Try this recipe with other or additional vegetables e.g. 2 x 15ml spoons of peas or 2 sliced courgettes (according to season and availability).
- Try using a different variety of beans instead of butter beans. There are many different types of canned beans available in supermarkets, e.g. cannellini beans, borlotti beans, black eye beans or a mixture of different varieties. They are all a good source of protein and fibre and are a low-cost food.
- Replace the rosemary with other herbs such as sage, which goes well with pork.

## Prepare now, eat later

- The vegetables can be prepared, stored in a sealed box and placed in the refrigerator a day or 2 before preparation.
- This dish can be made in advance and kept refrigerated for up to 2 days. Only reheat it once and make sure it is piping hot before serving.

### Skills used include:

Washing, measuring, peeling, chopping, boiling/simmering and frying.