

## SAUSAGE AND BEAN CASSEROLE



This recipe is a revelation! At just 80p/portion it is great value, and it also provides 3 portions of your 5-a-day on one plate.

Smoked paprika gives it a lovely deep flavour that will get children licking those plates clean.



**Skills Check:** Follow a recipe; follow food safety and hygiene rules; tidy away; use a sieve; cut using the bridge/claw technique safely; use a jug to measure liquids; use a tin opener safely; crush garlic; use the hob (with adult supervision).

**Equipment:** Chopping board, sharp knife, tin opener, sieve/colander, measuring spoons, measuring jug, garlic crusher, large lidded frying pan or flameproof casserole dish, tongs, wooden spoon.

**Allergens\*:** Celery | Milk | May contain wheat/gluten | May contain sulphites

### Ingredients (serves 4):

- 1 tbsp vegetable oil
- 8 pork sausages, reduced fat
- 1 small onion, chopped
- 2 garlic cloves, crushed
- 400g tin chopped tomatoes
- 400ml chicken stock, reduced salt if possible
- 2 tsp smoked paprika
- 400g tin cannellini beans, drained and rinsed
- 400g tin mixed peas and carrots, drained

\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

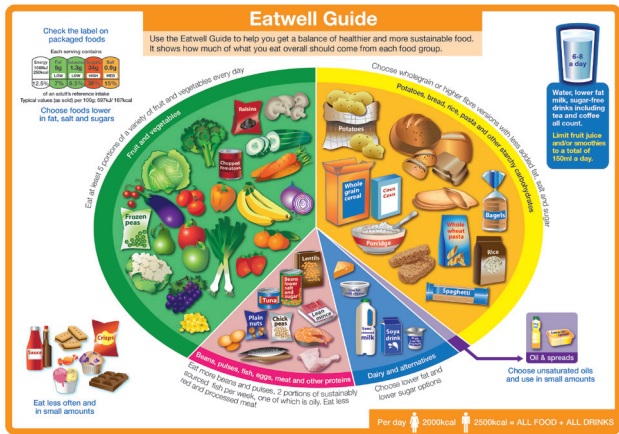
### Method

1. Heat the oil in a large lidded frying pan or flameproof casserole dish. Add the sausages and cook for 5 minutes over a medium-high heat, turning regularly. When they are brown all over remove them from the pan and set aside.
2. Turn the heat down to medium and add the onions and garlic. Cook for 5 minutes until just softened.
3. Turn the heat up to medium-high and return the sausages to the pan with the tomatoes, paprika and stock, and stir well. Bring to the boil, and then reduce the heat back to medium and leave to simmer for 20 minutes, until the sauce has thickened.
4. Stir in the beans and tinned vegetables.
5. Put the lid on and cook for a further 5 minutes.



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### Nutrition Information

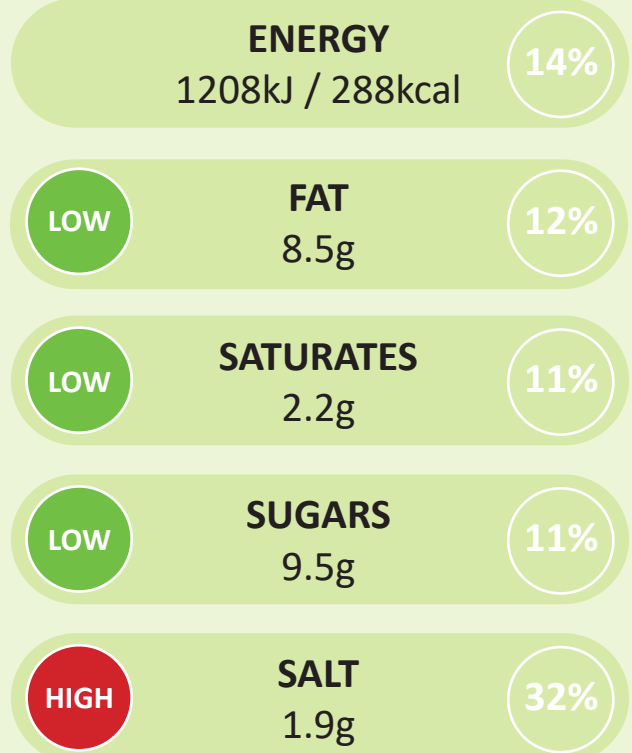


The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 345g serving



% of an adult's reference intake  
Typical values per 100g : Energy 350kJ / 83kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

### So, thinking about Sausage and Bean Casserole...

**Sausages** are a source of protein but they are also high in fat. They are a form of processed meat and should only be eaten in moderation; no more than 70g of red/processed meat per day for adults.



**Beans** are legumes, packed with protein and fibre. They are also low in calories and fat, and are a good source of vitamins and minerals.



**Vegetables** are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.