

# Spicy Sausage Casserole

This warming, tasty, spicy sausage casserole is a perfect autumn recipe. High in protein and packed full of fibre, it will help maintain stable energy and it also contains a variety of plants which is great for gut health and our beneficial bacteria.



## Ingredients

Good quality pork or chicken sausages (enough for 4 people e.g. 8 large cut in half, or 18 Heck chipolatas if using)

1 tbsp olive oil

1 large onion (sliced)

2 tins chopped tomatoes

1 tbsp smoked paprika

1 tsp cumin

½ - 1 tsp chilli flakes

2 cloves garlic (finely diced or minced)

2 tins beans e.g. kidney, butter, black, borlotti, haricot

1 stalk celery (finely sliced)

1 medium carrot (finely sliced)

2 peppers (sliced)

A large handful of kale (chopped)

100g mushrooms (halved)

750 ml chicken or vegetable stock.

Fresh flat leaved parsley (chopped) and seasoning



Serves : 4

Nutrition per serving:

Calories : 297

Protein: 35g

Carbs: 22g

Fat: 9g

Fibre : 7g

## Method

\*Heat the oil in a large pan and brown the sausages for 5 – 7 minutes. Add the onion, garlic, carrot and celery cooking them until they soften.

\*Stir in the paprika, cumin and chilli flakes coating everything and cook for a further few minutes before adding the peppers, mushrooms, tinned tomatoes and stock. Let it simmer on a low heat for 30 minutes (no lid).

\*Add the beans and kale, cook down for another 15 – 20 minutes until the sauce has thickened. You can cook for a bit longer if you prefer a thicker sauce.

\*When its ready, season to taste and add plenty of chopped fresh, flat leaved parsley.

## Recipe notes

You can use veggie or gluten free sausages and any type of veg. Serve with broccoli, green beans and / or basmati rice. A great dish to batch cook and freeze. Nutritional info is using Heck chicken sausages.