

Apple and pork sausage and bean casserole

Ingredients

- 6 - 8 Pork and Apple Sausages
- 2 Tablespoons of Olive Oil
- Medium Onion
- 2 Cloves of Garlic
- Sweet Red Pepper
- 400g Tinned Tomatoes
- 400g Cannellini beans drained
- 2 tablespoons tomato puree
- 2 tablespoons sun dried tomato paste

Method

1. Heat the two tablespoons of oil in a heavy bottom frying pan
2. Prick the sausages and fry for 10 - 12 minutes until brown
3. Chop up the onion and pepper
4. Crush the garlic
5. Remove the sausages from the pan and add the onion, pepper and garlic
6. Brown for around 5 minutes
7. Add the tin of tomatoes, tomato puree and sun dried tomato paste
8. Stir and simmer to thicken up
9. Add the sausages back
10. Drain the cannellini beans and add
11. Stir occasionally for 10 - 15 minutes

Serve with Pasta, Rice or Potatoes