

TUSCAN BEAN AND SAUSAGE STEW

Difficulty rating 

Prepared in 20 minutes

Serves 4



Butterbeans are often neglected but they have a wonderful flavour and melting texture, teamed up with sausages for a hearty warming stew.

Ingredients

- 16 sausages
- 2 onions, roughly chopped
- 4 x 410g cans butterbeans, drained and rinsed
- 4 red or yellow peppers, de-seeded and sliced
- 4 courgettes sliced
- 2 pints passata
- 1 pint vegetable stock
- 2 bay leaves
- 2 rosemary sprigs
- Basil leaves for garnish
- Olive Oil
- Salt and pepper

- 1 Place the onion, peppers, courgettes, passata and stock into a saucepan. Bring to the boil then turn the heat down and simmer for 5 minutes. Transfer the contents of the saucepan to the slow cooker.
- 2 Heat a little olive oil in a frying pan and evenly brown the sausages for 3 - 4 minutes. Add to the other ingredients in the slow cooker.
- 3 Add the herbs and butterbeans to the slow cooker and season well with salt and pepper.
- 4 Cover and cook on high for 4½ to 5 hours. Just before serving remove the rosemary and bay leaves and scatter over some basil leaves.

Cooking time 4 - 5 hours



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