



Jalapeno Sausage and Bean Casserole

Warming, filling, and nutritious - this stew is a brilliant mid-week meal for those cooler evenings. Serve in deep bowls and snuggle by the fire for some ultimate Winter comfort food!

Nutritional Info

Calories: 547 kcal
Carbohydrates: 69g
Protein: 25.5g
Fat: 15.4g

Ingredients

- Red onion
- Garlic
- Courgette
- Jalapeno sausages
- Tinned tomatoes
- Mixed beans
- Potatoes
- Tomato puree
- Smoked paprika

Your Pantry

- Olive oil
- Sugar
- Milk
- Butter

Allergens

Wheat (Sausages)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Cook the potatoes

Boil the kettle. Peel the potatoes and chop them into small chunks. Add to a pot of boiling, salted water and cook for 15-20 minutes or until tender. Drain then set aside. While the potatoes are cooking....

2) Prepare the vegetables

Peel and finely slice the red onion. Dice the courgette. Peel and crush the garlic. Drain and rinse the beans.

2) Cook the sausages

Prick the sausages with a knife. Place a deep frying pan on high heat. Drizzle with a little oil and add the sausages. Fry for about 7-8 minutes or until cooked through and golden. Remove and set them aside on a plate.

4) Saute the vegetables

To the same frying pan, add a drizzle of oil and once hot, the red onions. Cook for 2 minutes, then add ½ tsp of sugar per person then cook on low-medium heat for a further two minutes (this caramelises the onion). Add the courgette, paprika and garlic and cook for 2 more minutes.

5) Make the casserole

Add the mixed beans, tinned tomatoes, tomato puree and 35ml of water per person. Bring to the boil then turn down to a simmer. Cover and cook for 10-15 minutes, then a knife and fork to cut up the sausages and stir them into the casserole. While the casserole cooks....

6) Mash the potatoes

Use a masher or fork to mash the potatoes with a little milk and butter until smooth and creamy. Season with salt and pepper to taste.

7) Plate the dish

Plate the sausage casserole on top of the mashed potatoes and enjoy.



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