

## One of our lovingly created Kindred Recipes!

### Sausage/Quorn & Bean Casserole (Based on Family of 4)

#### Ingredients

- ✓ 1x Tablespoon of vegetable oil
- ✓ 1x Fresh Onion
- ✓ 1x Garlic Clove
- ✓ 1x Celery Stick
- ✓ 1x Pepper
- ✓ 400g Tinned Chopped Tomatoes
- ✓ 1x Teaspoon of Paprika
- ✓ 1x Chicken/Quorn Stock
- ✓ 1x 400g Tinned Aduki Beans
- ✓ Sausages (how hungry are you?)
- ✓ 30ml Water
- ✓ French Bread

#### Method

1. Put a large saucepan on the heat and add the vegetable oil.
2. Add the finely chopped onion and cook gently until soft.
3. Add the finely chopped celery and pepper.
4. Add the chopped sausages and fry for a further 5-10 minutes.
5. Add paprika and garlic clove until the aromas are released.
6. Pour the water, add the chopped tomatoes and crumble the stock into the saucepan.
7. Cook for a further 40 minutes and stir the drained and rinsed aduki beans and cook for 5 minutes before serving.
8. Serve and enjoy!!!

