

Vegan food made *wickedly tasty* in the

DEVILS KITCHEN

Recipe

Sausage & Bean Casserole with Vegan Champ

English Breakfast
Sausage 56g

MAKES 10 PORTIONS

For the casserole:

- 24 English Breakfast Sausages 56g, pre-cooked, sliced
- 1.5kg canned mixed beans (pinto, blackeye, kidney etc)
- 3 onions, chopped
- 1.2kg tinned, chopped tomatoes
- 200ml vegetable stock
- 3 green peppers, chopped
- 2 carrots, diced
- 2 sticks celery, chopped
- 3 tablespoons tomato puree
- 1 tablespoon dried mixed herbs
- 2 tablespoons fresh chopped parsley
- Season with salt and black pepper

Side vegetable dishes:

- 1kg green beans
- 1kg carrots, sliced
- 3kg potatoes, mashed
- 500ml oat milk
- 200ml olive oil
- 500g spring onions, sliced

To make:

Place the frozen sausages onto an oiled baking tray. Cook at 170 C for 12 to 14 minutes, turning occasionally during cooking. Remove and slice into bite sized pieces, and set aside.

In a large saucepan, fry the chopped onions gently for a couple of minutes. Add the chopped peppers, celery, and diced carrots, continue frying to soften them. Add the mixed beans, canned chopped tomatoes, stock, tomato puree, mixed herbs and half of the parsley, and allow to simmer for 20 to 30 minutes. Season with salt and black pepper.

Meanwhile prepare the vegetable dishes. Boil the peeled potatoes in salted water until very soft. Drain the water, add the oat milk and olive oil and mash. Once a smooth creamy texture is obtained, stir in the sliced spring onions. Season to taste.

Boil the green beans and carrots separately.

Five minutes before serving, stir in the cooked sliced sausages into the casserole mix, and continue to simmer.

Upon serving, garnish the dish with chopped parsley.



For more information, or to request a sample of our **English Breakfast Sausages 56g**, please email us at info@thedevilskitchen.co.uk or call on **01453 790 290**