

SAUSAGE & BEAN HOT POT



What a lovely cosy Autumn feel this dish has to it! A rich tomato sauce warmed with just a hint of chilli, satisfying sausages and melt in the mouth butter beans - plenty of vegetables in the sauce but paired with some vibrant green vegetables this dish is a winner with adults and kids alike.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring jugs and spoons; chop using the bridge/claw technique safely; use the hob (with adult supervision); season to taste.

Equipment: Scissors, chopping board, knife, large pan, wooden spoon, measuring spoons, measuring jug, lidded casserole dish.

Allergens*: Milk | Wheat | Sulphites

Ingredients (serves 4):

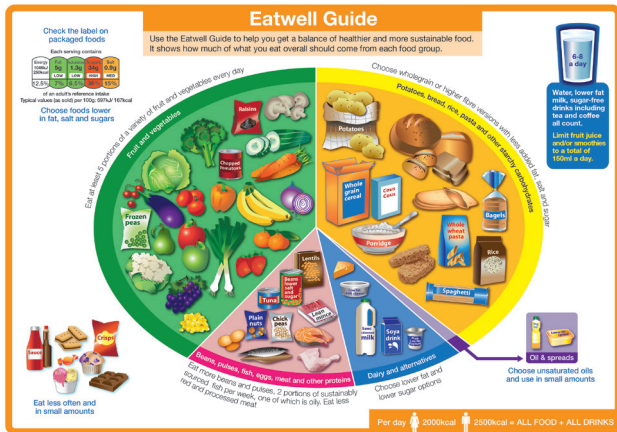
- 8 pork sausages
- 400g can Butter Beans, drained and rinsed
- 400g can chopped tomatoes
- 1 red pepper, chopped
- 1 white onion, chopped
- 1 tbsp vegetable oil
- 2 tbsp tomato puree
- 1/2 tsp chilli flakes
- 1/2 tsp dried rosemary
- 125ml water
- Pepper

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

Method

1. Preheat the oven to 200C/180C fan/Gas 6.
2. Twist each sausage in the middle and cut in two with scissors. Heat the oil in large pan and add the sausages cooking for 5 minutes over a medium heat until browned.
3. Add the onion and pepper to the pan and cook for 5 minutes until softened.
4. Add chilli flakes and rosemary and stir well. Add the butter beans, tomatoes and water. Bring to the boil and add the tomato puree, stir well and simmer for 5 minutes.
5. Transfer to the oven in a lidded casserole dish and cook for 30 minutes.
6. Season with pepper to taste and serve.

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The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 307g serving

ENERGY
1484kJ / 355kcal **18%**

MED **FAT**
16.0g **23%**

MED **SATURATES**
4.9g **25%**

LOW **SUGARS**
13.0g **14%**

LOW **SALT**
0.9g **15%**

% of an adult's reference intake
Typical values per 100g : Energy 483kJ /116kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

So, thinking about Sausage & Bean Hot Pot...

Butter Beans are legumes and they are packed with protein and fibre. They are also low in calories and fat, and are a good source of vitamins and minerals.

Sausages are a source of protein but they are also high in fat. They are a form of processed meat and should only be eaten in moderation; no more than 70g of red/processed meat per day for adults.

Tomatoes are really good for us containing a wide range of vitamins and minerals.

