Sausage & Bean Casserole

Ingredients

300g Sausages of your choice (we love a classic cumberland)
1 tbsp oil
1 onion, peeled and sliced
1 garlic clove, peeled and crushed
1/2 red pepper, de-seeded and sliced
500ml tomato passata
1 tablespoon black treacle
2 tablespoons soft dark brown sugar
1 tablespoon balsamic vinegar
1 x 400g can flageolet beans drain and rinse
1 x 400g can red kidney beans drain and rinse
1 x 400g can butter beans drain and rinse
Method

1. Heat the oil in a large saucepan and add sausages, onion and garlic. Heat gently until sausages begin to brown and onions soften.

2. Add all remaining ingredients and simmer gently with lid on for about 30 minutes, alternatively transfer to the oven for a slightly longer cooking time.

3. Serve the casserole with crusty bread.

Fun Facts

The average British household buys sausages 12 times a year.

Sausages were called bangers during World War II because they contained so much water they exploded when fried.

The longest sausage measured 38.99 miles in length and was created in Ploiesti City, Romania on 1 December 2014.