

TONZU

PLANT-BASED WHOLEFOODS

Garlic & Chilli Sausages with Smokey Bean Cassoulet

Serves 4 people

This is a wonderfully warming dish perfect for a winters evening meal or delicious and tasty breakfast or lunch. The mild smokey flavour just calls to your senses and taste buds!

Difficulty Level: Easy

Prep Time: 5-10 minutes

Cook Time: 40 minutes

Total Time: 45-50 minutes



INGREDIENTS

- 2 packs of TONZU Vegan Sausages Garlic & Chilli flavour
- 3-5 tbsp olive oil
- 2 medium (or 1 large) brown onion, diced
- ½ tsp chilli flakes (more or less according to your taste preference)
- 3-5 cloves of garlic, crushed
- 1 red capsicum, diced
- 1 yellow capsicum, diced
- 2 cans of chopped tomatoes or equivalent of Passata or other tomato sauce
- 2 cans of beans, rinsed well and drained (try cannellini, borlotti, kidney or black beans)
- 1 tsp Italian/mixed herbs
- 1 large (or 2 small) lemon, zest and juice
- 1 tsp smoked paprika
- 1 tsp salt & pepper to taste
- ½ cup water, more as needed
- 1-2 cups baby spinach (optional)
- Handful of roughly chopped basil or parsley, or both

HOW TO MAKE

1. Warm approximately 3 tbsp Olive Oil in a large frypan or saucepan and add the onion. Sauté for 5 – 10 mins until softened and clear.
2. Add the garlic and chilli flakes and continue to stir.
3. Add the capsicum and drained beans and stir into the onions.
4. Add the tomatoes, herbs, lemon zest and juice, smoked paprika, salt and pepper and a ½ cup of water. Bring to the boil and then reduce to a simmer for 20 to 30 mins adding more water if needed to maintain a stew/casserole-type consistency.
5. Five minutes before serving, stir in the baby spinach if desired and add any fresh herbs just before serving or sprinkle on top as a garnish

HOW TO SERVE

Serve in a bowl and top with your pan-fried or baked sausages and garnish with roughly chopped basil or parsley or both!

If you desire a larger or more filling meal, serve the cassoulet on a bed of quinoa or brown rice.

Another variation, if desired and to change it up, is to chop your cooked sausages and stir into the cassoulet before serving.