

Sausage Stretch

Prep time: 15 minutes Cooking time: 30 minutes



Ingredients

6 sausages (any variety including vegetarian)

1 onion, chopped

450g / 1lb mixture of vegetables such as carrots, peas, celery, sweetcorn, mushrooms, courgettes, peppers - chopped into bite sized pieces - or a large pack of frozen mixed vegetables

1 small tin / 200g / 7 oz baked beans

1 large tin / 400g / 14 oz chopped tomatoes

275ml / 10fl oz / 1/2 pint water

1 handful dry pasta / 75g / 3oz – try small shapes or broken spaghetti

1 low salt stock cube (no fluid needed) crumbled



Method.

- Prick sausages all over and grill lightly. Once the sausages have begun to brown, remove from the grill and cut each one into three pieces
- Place all the vegetables, and sausage pieces into a large non-stick pan and cook until the onion starts to brown (5 – 10 minutes)
- Add the beans, tomatoes, water and pasta. Crumble in the stock cube. Cover the pan with a lid and cook gently for about 30 minutes or until the pasta is tender
- As an alternative you can leave out the pasta, and serve with jacket potato

Did you know?

A good quality sausage has a meat content of around 70% -
Check your labels or ask your local butcher for more info

