

CREAMY SAUSAGE & CANNELLINI BEAN ONE-POT

I love an easy sausage one-pot, and this one ticks all the boxes. This recipe uses cannellini beans, but they can easily be swapped for chickpeas or butter beans if you prefer.

Prep: 5 minutes | Serves: 4



1 cup (115g) frozen diced onions

2 tsp frozen chopped garlic

2 cups (350g) frozen mixed chopped peppers

1 x 400g tin of cannellini beans, drained and rinsed

1 tsp smoked paprika

1 tsp dried oregano

scant 1 cup (200g) cream cheese

$\frac{3}{4}$ cup (60g) grated Parmesan

1 chicken stock cube, crumbled

8 pork sausages

To cook:

1 tbsp olive oil

2 cups (500ml) boiling water



IF MAKING AHEAD TO FREEZE

- 1 Put the onions, garlic, peppers, cannellini beans, smoked paprika, oregano, cream cheese, Parmesan and crumbled stock cube into a large freezer bag, mix together and freeze flat.
- 2 Keep the sausages in their packet, or put in a smaller freezer bag, and freeze alongside the bag of sauce.

HOB

Remove from the freezer and leave to fully defrost. Put a tablespoon of olive oil into a large casserole dish and place on a medium heat. Add the pork sausages and brown them all over. Add the contents of the freezer bag, stir well, then pour over the boiling water. Bring to the boil, then reduce to a simmer and cook for 20 minutes.

SLOW COOKER

Remove from the freezer and leave to fully defrost. Turn the slow cooker to the sauté setting and add a tablespoon of olive oil. Add the pork sausages and brown them all over. Add the contents of the freezer bag, stir well, then pour over the boiling water. Pop the lid on and cook for 3 hours on high, or 6 hours on low.

PRESSURE COOKER

Remove from the freezer and leave to fully defrost. Turn the pressure cooker to sauté and add a tablespoon of olive oil. Add the pork sausages and brown them all over. Once browned, add the contents of the freezer bag and pour over the boiling water. Give it a good mix, then seal the lid and cook for 9 minutes. Once cooked, allow the steam to quickly release.



IF COOKING NOW

HOB

Put a tablespoon of olive oil into a large casserole dish and place on a medium heat. Add the pork sausages and brown them all over, then add the rest of the ingredients. Pour over the boiling water and stir well. Bring to the boil, then reduce the heat to a simmer and cook for 20 minutes.

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TIP

You can make this vegetarian with veggie sausages, a vegetarian Parmesan substitute and a vegetable stock cube.