

OVERALL time: 60 mins

Cajun Sausage & Bean stew

Pork bangers are a marvel for a breakfast fry up. But there's so much more you can do with this humble sausage – like turning it into a stew. Adding beans really stretches it, enabling you to feed a family of four quite handsomely with just six bangers. We've given our recipe a wonderful mildly spicy Cajun twist. Serve this belly-pleasing sausage and bean stew with a crusty baguette or crostini.

Metric

Number of servings : 4

ingredients

For the sausages

- 500 g pork bangers
- 30 ml vegetable oil
- 200 g white onion, finely chopped
- 100 g carrots, finely chopped
- 100 g celery, finely chopped
- 4 rashers streaky bacon, finely chopped
- 2 cloves garlic, finely minced
- 45 ml tomato paste
- 1 400g tin chopped tomatoes
- 1 large red pepper
- 30 ml **Cape Herb and Spice Louisiana Cajun Rub**
- 15 ml brown sugar
- 5 ml red wine vinegar
- 50 ml water
- 1 400g tin butter beans, drained
- salt, to taste

To garnish

- chopped parsley
- chopped basil

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 40 mins

Add the oil to a large saucepan and fry the pork bangers until cooked. Remove bangers and set aside.

Add the onion, carrot, celery and bacon to the same saucepan and fry until the onion starts softening.

Add the garlic and fry for a further minute.

Add the rest of the ingredients except the salt and butterbeans, turn the heat down low, cover and simmer for a good 20 minutes.

Taste and adjust salt as needed.

Slice the pork bangers in half or in thirds and add them to the veggie mix along with the butter beans until they're warmed through.

Garnish with chopped parsley and a few basil leaves and tuck in.

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