



Bonfire bangers & beans



Gluten Free



Dairy Free



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp vegetable oil
- ☐ 1 onion finely chopped
- ☐ 2 celery stalks finely chopped
- ☐ 4 bacon chopped
- ☐ 1 tbsp tomato purée
- ☐ 800 g canned tomatoes chopped canned
- ☐ 2 tbsp t brown sugar dark
- ☐ 2 tsp dijon mustard

- ☐ 2 thyme sprigs
- ☐ 2 tsp worcestershire sauce
- ☐ 800 g cannellini beans rinsed drained canned
- ☐ 2 bell pepper red deseeded chopped
- ☐ 900 g sausage

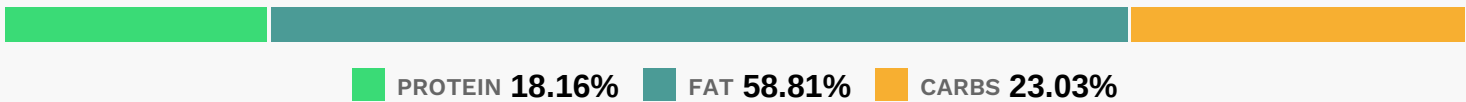
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat 2 tbsp oil in a large flameproof casserole.
- ☐ Add the onion, celery and bacon, then cook for 5–10 mins until softened. Turn up the heat and add the tomato pure. Cook for 2 mins, then add the chopped tomatoes, sugar, mustard, thyme, Worcestershire sauce and 200ml water, then bring to the boil. Cook, uncovered, over a low heat for 15 mins.
- ☐ Add the beans and peppers, then simmer for 15 mins more, topping up with a little boiling water if needed.
- ☐ Meanwhile, heat oven to 190C/170C fan/ gas
- ☐ Toss the sausages with remaining 1 tbsp oil and spread out on a baking tray. Cook for 30 mins until browned all over, turning occasionally. Nestle the sausages among the beans, then cover and place the pan in the oven. Cook for 30 mins more.
- ☐ Remove from the oven, sprinkle over the parsley, if using, and serve with the baked potatoes (see 'Goes well with'). Can be made up to 2 days in advance and reheated in a low oven or on the hob.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:7.81, Inflammation Score:-9, Nutrition Score:25.169130428978%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 606.66kcal (30.33%), Fat: 40.04g (61.6%), Saturated Fat: 12.28g (76.75%), Carbohydrates: 35.28g (11.76%), Net Carbohydrates: 27.58g (10.03%), Sugar: 9.71g (10.79%), Cholesterol: 88.26mg (29.42%), Sodium: 962.53mg (41.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.64%), Vitamin C: 49.93mg (60.52%), Manganese: 0.77mg (38.59%), Vitamin B3: 7.43mg (37.17%), Vitamin B1: 0.54mg (35.82%), Vitamin B6: 0.71mg (35.39%), Potassium: 1161.4mg (33.18%), Iron: 5.94mg (33.02%), Fiber: 7.7g (30.81%), Phosphorus: 306.11mg (30.61%), Zinc: 4.08mg (27.22%), Copper: 0.52mg (25.86%), Vitamin A: 1263.83IU (25.28%), Folate: 96.35µg (24.09%), Magnesium: 95.05mg (23.76%), Vitamin E: 3.24mg (21.59%), Vitamin K: 19.94µg (18.99%), Vitamin B12: 1.01µg (16.85%), Vitamin B2: 0.27mg (15.9%), Vitamin B5: 1.41mg (14.1%), Calcium: 129.57mg (12.96%), Vitamin D: 1.51µg (10.04%), Selenium: 5µg (7.14%)