



Another ?Winter Warmer? for the list at

<http://www.eatwellonuc.org.uk/index.php/component/tags/tag/winter-warmers>

Ingredients:-

- 1 Onion, diced
- 2 Cloves of Garlic, minced
- 2 Celery Sticks, sliced
- 1 Long Red Pepper, chopped thickly
- 320g of Smoked Sausage, thickly sliced
- 1 Tsp of Sweet Smoked Paprika
- ½ Tsp of Ground Cumin
- ½ Tsp of Chilli Flakes
- 1 Tin of Chopped Tomatoes, plus a tin of Water
- 1 Tin of Cannelloni Beans, drained
- 250g of Fresh Spinach
- 2 Tbsp of Breadcrumbs mixed with Mixed Herbs (Gluten free here)
- Oil to fry
- Salt & Pepper to season

Method:-

- (1) Add Oil to a Dutch Oven or large frying pan over a medium heat.
- (2) Add the Onions and season with Salt & Pepper.

- (3) Cook until softened, then add the Garlic, Celery, and Peppers.
- (4) Stir and cook for a further 2 minutes.
- (5) Add the Sliced Sausage and fry until it is browned.
- (6) Reduce the heat and add the Paprika, Chilli Flakes, Cumin and stir in.
- (7) Add the Chopped Tomatoes and bring to the boil.
- (8) Reduce the heat and simmer for 40 minutes covered, stirring occasionally.
- (9) Add the Beans and Spinach and warm through.
- (10) Scatter the Herbed Breadcrumbs over and place under a pre-heated grill until the Breadcrumbs are golden brown.

We served ours with mixed Rice and fried Bok choy. A really tasty dish for not a lot of money.