



Orange and Sausage Bean Casserole



Ingredients

2 Tbs. olive oil
1 Orange (peeled and cut into pieces)
1 lb. Sausages
1 medium onion chopped
1 large carrot, coarsely chopped
1 medium potato, peeled and coarsely chopped
3 medium cloves garlic, coarsely chopped
1 jar of beans (any variety)
1 can tomatoes
6 cups chicken stock (use a stock cube)
Salt and pepper to taste

Method

Heat the oil in a large pot over medium-high heat. Add the sausage and cook, breaking it up, until just cooked through, about 7 minutes, transfer to a bowl.

Add the onion, carrot, and potato to the pot, lower the heat to medium, and cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes. Add the garlic and orange and cook, stirring, until fragrant, about 30 seconds. Add the beans, tomatoes, and stock, bring to a simmer, and cook for 5 minutes. Put the sausage back in the pan and heat through. Great with a bit of crusty bread or sprinkled with cheese.