

# OUTDOOR COOKING WITH THE BAY

## Sausage & Bean Stew

Serves 4

- 1 onion, chopped**
- 2 cloves garlic (or 1 tsp garlic granules)**
- 3 carrots**
- 2 celery sticks**
- 1 tbsp vegetable oil**
- 1 pack of sausages sliced (or veggie sausages!)**
- 1 tsp dried thyme**
- 2 Bay leaves**
- 1 can chopped tomatoes**
- 1 butter beans or cannellini beans**
- 1 tsp sugar \* See tip!\***
- 1 tbsp Worcestershire sauce (veggie alternative soy sauce)**

1. Heat vegetable oil in pan, add sliced sausages- remove from pan and set aside for now.
2. To same pan cook onion until brown.
3. Crush or chop garlic cloves (or 1 tsp garlic granules) to pan and cook for 1-2 minutes.
4. Chop carrots and celery and cook for approx. 5-10 mins until soft.
5. Return sausage to pan. Add dried thyme.
6. Pour in chopped tomatoes. With the empty can fill with water and pour in.
7. Drain beans and add to pan with bay leaves and Worcestershire sauce.
8. Season with salt & pepper to taste.
9. Bring to boil then reduce to simmer (light bubbling) for 20 minutes until thickened.

Serving suggestions: mash, flatbreads, jacket potatoes

### GROWING TOP TIP...

Tomatoes can be sown from late February to mid March.

Instead of buying pots to grow your saplings in, use old yoghurt pots. You just need to pop some holes in the bottom for drainage!

For help on how to grow your own tomatoes, have a look on YouTube - there are lots of good step by step videos!



Credit: Lauren Heather

### DID YOU KNOW...

Whilst adding sugar to savoury dish might seem odd, when making tomato based sauce it helps to reduce bitterness and bring out the tomatoes natural sweetness.

Try it yourself!

### FREEZE FOR LATER...

Often celery is bought in a bunch. If you won't use the rest of the bunch, it can be frozen for later use.



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