



VEGAN SAUSAGE CASSEROLE

What's better on these cold evenings than a piping hot bowl of a warming vegan sausage casserole? It is not only super tasty but also provides a nourishing and comforting meal. The combination of hearty vegetables, flavorful spices, and plant-based sausages creates a delicious and guilt-free option for dinner. Whether you're a vegan or not, this dish is sure to impress with its rich and savoury flavours. Plus, it's a great way to incorporate more plant-based meals into your diet without sacrificing taste or satisfaction.

Prep **15 mins**
Cook **45 mins**
Serve **4 people**

INGREDIENTS

- 8 vegan sausages
- 1 medium brown onion - diced
- 1 stick celery - finely chopped
- 1 red bell pepper - sliced
- 4 large cloves garlic - minced
- 1 teaspoon fresh thyme - leaves picked from sprigs
- 1 teaspoon fresh rosemary - finely chopped
- 1 x 400g tin chopped tomatoes
- 1 x 400g cannellini beans - drained and rinsed
- 1 tablespoon tomato purée
- 2 teaspoons smoked paprika
- 1 dried bay leaf
- 1 heaped tablespoon nutritional yeast flakes
- 400ml vegetable bouillon or stock
- 1 tablespoon olive oil
- sea salt and ground black pepper - to season

METHOD

Begin by cooking the vegan sausages according to the package instructions in a large casserole dish, setting them to one side when cooked.

On a medium-high heat, cook the onions, bell pepper, and celery in the casserole dish until soft and golden—around 4-5 minutes. Add the cooked vegan sausages, garlic, rosemary, thyme, and smoked paprika to the dish and cook for a further 2-3 minutes.

Now add the cannellini beans, chopped tomatoes, tomato purée, nutritional yeast, and vegetable stock to the casserole dish. Simmer over a medium-low heat for around 10 minutes. Add salt and pepper to taste.

Transfer the casserole dish, with the lid, to a preheated oven set to 160°C and cook for a further 25 minutes.

After 25 minutes, remove the casserole dish from the oven and let it cool for a few minutes before serving. The flavours will have melded together, and the casserole will be deliciously warm and comforting. Enjoy the vegan sausage casserole with crusty bread and/or mashed potatoes for a delicious and comforting meal.