

“Schwartz Cajun Sausage and Butter Bean Stew”

It was a cold Sunday afternoon so I thought what better way to warm the day up with a Cajun Sausage Stew. Schwartz recommended this recipe to me, I've adapted it slightly you can find the [original here](#). As you'll notice I served this with Sautéed Potatoes, but you could serve it with rice, pasta or good old Mashed Potatoes.... it's your choice (you don't need the basil leaf either that's the chefy side of me coming out)!



Ingredients

- 12 Extra Special Pork Chipolatas from Asda
- Good Glug of Extra Virgin Olive Oil
- 1 Red Onion
- 1 Red Pepper
- 210g Butter Beans (in Water)
- 400g tin of Tomatoes
- 2 tsp Schwartz Cajun Spice (more or less depending on how hot you like your food)
- 3 tsp Sainsbury Chargrilled Red Pepper Paste
- 2 tsp of Italian Tomato Purée with chilli from Sainsburys (you can use any tomato purée for this or leave it out if you haven't got any)
- Handful of Basil and Coriander leaves
- Small handful of Pine Nuts for crunch (optional)

Also Needed

- Frying Pan and Sauce Pan (unless you have a big pan)
- Wooden Spoon/Spatula
- Knife
- Tongs
- Can Opener
- Container For Ingredients

© Wheelie Good Meals 2014

For more information on this recipe or Wheelie Good Meals visit us online at wheeliegoodmeals.wordpress.com

“Schwartz Cajun Sausage and Butter Bean Stew”

Method:

- 1 Finely chop a red onion, I use what I call the half moon technique (see the image below):



Place the onion in a container to use it later.

- 2 Finely chop a red pepper, I do this by de-veining it (I'll explain at a later date) and then cutting into strips and then dicing (see below).



Add the chopped pepper to a container and set aside to use later.

- 3 Open the Butter Beans and the Tinned Tomatoes and put them in separate containers ready for use later (see below). I know this looks like a lot of washing up but it does help!



“Schwartz Cajun Sausage and Butter Bean Stew”

- 4 Place a frying pan on a high heat and add the oil, allow to come to temperature, open the sausages and then add them to the pan. I would always do this in batches, I did six at a time this avoids overcrowding and means the sausages will fry and not stew. Fry the sausages until brown on all sides. Place them on a plate
- 5 At this point I took the pan off the heat and switched to a sauce pan, this is optional if you have a big enough pan then just use the one. If you are using two pans tip the oil from the frying pan into the sauce pan and allow to warm.
- 6 Add the onions and stir regularly, you will need to cook these until they are soft.
- 7 Add the peppers and stir them regularly, these will take longer than the onions to soften. As with the onions the time on this depends on how big you've cut them – they will need to be soft.
- 8 Once the onions and peppers have combined add the Butter Beans and stir regularly. Allow these to soften and fully mix with the other ingredients.
- 9 Add the tin of Tomatoes and fully mix all the ingredients together, it is important to stir thoroughly so that all the ingredients combine thoroughly.
- 10 Add the Cajun spice and stir thoroughly, it is important to ensure that the spice goes throughout the dish, we want to avoid clumps of spice in the dish – stirring continuously will help this. Cook this for some time to allow the spice to develop (approx ten minutes)
- 11 Add the Chargrilled Red Pepper Paste and the Tomato Purée, as with all the steps stir thoroughly. Cook this for ten minutes as you'll need to allow the flavours to fully meld together.
- 12 Take your precooked sausages and break/cut them up to whatever size you'd like them to be. Remember they are cooked so you'll only need to warm them in the sauce. Warm them on a lower heat.

“Schwartz Cajun Sausage and Butter Bean Stew”

- 13 Rip the herbs and sprinkle into the dish, you can chop them with a knife or you can use a food processor. Season the dish and stir thoroughly allowing the flavours of the herbs and seasoning to mix into the dish.
- 14 When you are ready to serve sprinkle on some Pine Nuts and stir through (this is optional but does add a little crunch).
- 15 I served this with Sautéed Potatoes and of course a cheffy bit of basil!

