

Bean & meatballs pasta (4-6 portions; 1 hr)

Adapted from <https://www.bbcgoodfood.com/recipes/bean-pasta-stew-meatballs>

For the stew

8 dessert spoons olive oil
6-8 Lincolnshire sausages (400g-450g)

3 cloves garlic or 1 Cofresh frozen block
2 red onions (250g-300g)
2 large leeks (500g)
3 carrots (~400g)
salt and black pepper

2 tins canellini beans (400g x2)
1 tin peeled plum tomatoes
(optional) 200g cherry tomatoes
1 stock pot
750ml hot water

Add a couple of spoons of olive oil to a large pot. Cut the sausages into ~6 pieces each straight into the pan. Fry on medium heat for about 10 minutes.

While the sausages are frying, stir occasionally to unstick them and prepare the vegetables. Roughly dice the garlic and onions. Trim and wash the leeks and cut into slices 1.5cm-2cm thick. Peel the carrots, halve any thick sections down the middle, and cut into 0.5cm-1cm slices. (If this takes more than 10 min turn the heat for the sausages off.)

Take the sausage pieces out of the pot into a bowl. Add the remaining olive oil and all the chopped vegetables. Fry on medium-high heat for about 10 minutes, stirring occasionally. Add salt and pepper to taste.

While the vegetables are frying, boil the kettle, open all the tins, and drain and rinse the canellini beans. If using cherry tomatoes, halve them.

Add the beans, stock, hot water, and all tomatoes to the pan. Break up the tinned tomatoes, cover, and bring to the boil for a couple of minutes.

If serving with pasta, separately put on some macaroni (or other fairly quick-cook pasta).

Add the meatballs back in along with the gravy granules. Stir well, bring to the boil, cover and simmer for 10 minutes or until the pasta is cooked.

Also good served with fresh bread.