Roo sausage and bean stew

Preparation time
20 minutes

Cooking time
40 minutes

Serves
6

Recipe courtesy of
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Ingredients | Method | Nutrition

2 tbsp extra virgin olive oil

1 large onion, roughly diced

4 garlic cloves, minced

1 red chili, washed and finely diced

16 kangaroo sausages, sliced into 5 pieces

2 large carrots, washed and roughly diced

1 red capsicum, washed and roughly diced

1 1/2 tsp ground cumin

1 1/2 tsp smoked paprika

2 tbsp tomato paste

1 x 400g can salt reduced diced tomatoes, plus 1 can water

1 cup salt-reduced beef stock

1 tbsp Worcestershire sauce

1 tbsp sweet chili sauce

1 tbsp tomato sauce

2 x 400g cans of salt reduced 4 bean mix, rinsed and drained

1 cup frozen peas

1 cup frozen corn

Salt and pepper to taste

1. Heat the extra virgin olive oil in a medium sized pot, for which you have a lid, on medium-high heat.
2. Place the onion, garlic and chili in the pot and sauté until they begin to brown.
3. Add the kangaroo sausages and stir frequently until they are seared on all sides.
4. Stir through the carrot and capsicum and cook for 2 to 3 minutes.
5. Add the spices and sauté while stirring until spices become aromatic.
6. Add the tomato paste, diced tomatoes, beef stock, sauces, beans, peas, corn, salt and pepper and stir until combined.
7. Turn the heat to medium-low, place lid on pot and simmer for 30 minutes, stirring occasionally to ensure it doesn't burn on the bottom of the pot.
8. Remove lid and continue cooking for 10 minutes, or until the stew has reached the desired thickness.

Serve with sweet potato and potato mash or steamed basmati rice.

Nutritional information is provided per serve

Engery	2137kj
Protein	46g
Saturated Fat	2g
Total Fat	7g
Carbohydrates	57g
Sugars	22g
Dietary Fibre	20g

Sodium	1124mg