

Poor Man's Cassoulet

A hearty and satisfying meal for two. Serve with crusty bread.

Prep: 10 mins **Serves** 2 **Cook:** 35-40 mins

Use SiliconWare Oval Bake pan

Ingredients

- 2 Italian sausages
- 1 small zucchini
- 1 small carrot
- 1 small aubergine
- 1 can drained butter beans (400gm)
- 1 can diced tomatoes (400gm)
- 1 tub tomato paste concentrate (140gm)
- ¼ cup water
- 2 tbs vegetable oil
- Salt and pepper



Method

1. Preheat oven to 180° Celsius (fan forced).
2. Slice sausages into thick rounds.
3. Slice vegetables lengthways and then into 2 inch pieces.
4. Place SiliconWare Oval Bake pan onto baking tray.
5. Place all ingredients into Oval Bake pan and combine using SiliconWare spoon.
6. Cover lightly with foil.
7. Cook for 35- 40 minutes.
8. Serve from Oval pan with crusty bread.