

INGREDIENTS

1 pack Garden Gourmet Sensational Sausage

1 onion

1 garlic clove

100 g carrots

150 g fennel

150 g red bellpepper

olive oil for frying

2 tsp dried sage

2 tsp fennel seeds

1 jar kidney beans (250g)

1 jar white beans (250g)

1 pinch salt

1 pinch black pepper

1 can diced tomatoes

1 handful fresh spinach

 2 SERVINGS

 40 MIN

 INTERMEDIATE

Give a try to this vegan bean stew made with our Garden Gourmet Sensational Sausage. Perfect for a cold winter evening with your loved ones!

PREPARATION

1. Prepare veggies and crush fennel seeds

Chop the onion and garlic. Cut the carrot, fennel and bell pepper into pieces. Drain the beans on a sieve and rinse. Coarsely crush the fennel seeds with a mortar so that the aroma is released.

2. Fry the veggies

In a casserole, fry the onion, garlic and half of the fennel seeds and sage in the oil until translucent. Add the carrots, fennel and bell pepper. Fry briefly and add the tomato cubes.

3. Simmer the stew and fry the Sensational Sausages

Bring the sauce to a boil and let the vegetables simmer for about 10 minutes over low heat. Season with salt and pepper. Fry the Garden Gourmet Sensational Sausages in a little oil in a frying pan until brown according to the instructions on the package.

4. Combine, serve, and enjoy!

Let the spinach shrink in the bean stew. Cut each sausage into 4 pieces and put them in the stew. Sprinkle with the remaining fennel seeds and it is ready to be served!

*You can also substitute the white beans for chickpeas or replace part of the beans with lentils.

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