

Italian Sausage Hot Pot

2 tsp olive oil
1 onion, chopped
1 tsp crushed garlic
1 green pepper, chopped
1 red pepper, chopped
6 lean Italian sausages, boiled and sliced*
250g dry pasta eg spirals, macaroni, shells or penne
1 tin tomatoes
1 tin chilli beans
2 cups beef stock
¼ cup tomato sauce or tomato paste
2 cups frozen green beans

Saute onion and garlic in large heavy bottomed pan. Add chopped peppers and cook for a few minutes until softened. Add sausage slices, pasta, tomatoes, chilli beans, beef stock and tomato sauce/paste; cover pan and simmer for around 20 minutes or until the pasta is cooked. Add frozen beans and cook for a few more minutes before serving. Season to taste and serve in large bowls with a garnish of thick yoghurt, grated parmesan and fresh chopped parsley. Serves 6 as a main course

Health Habits:

- Choosing lean sausages and boiling first to get rid of fat
- Bulking out with plenty of vegetables and chilli beans – less fat, more fibre, more vitamins and minerals
- Serving with yoghurt rather than sour cream

* Substituting with chorizo sausage works well here (available with deli meats in refrigerated section of supermarket)