

SAUSAGE AND BEAN STEW



Servings: 2 people

Prep Time: 10 minutes

Cook Time: 10 minutes

Difficulty Rating:



INGREDIENTS



- packet of 6 sausages
- 1 tin of beans
- 1 tin chopped tomatoes
- 2 cloves of garlic
- 2 tsp thyme
- 2 tbsp virgin olive oil
- salt and pepper to taste
- serve with mashed, baked or boiled potatoes

INSTRUCTIONS

1. Put a pan on a medium heat with 2 tbsps. of oil
2. Add the sausages to the pot and fry until browned.
3. Add garlic and thyme and stir to release flavours for 1 minute
4. Add the chopped tomatoes and beans and bring to a boil. Reduce the heat and simmer for 5 minutes. Add salt and pepper to taste
5. Serve with mash or boiled potatoes or with toasted bread

Week 4

What We're Learning: Food safety - Cooking meat.

How AI Artificial Intelligence can help us in daily lives.



4 STEPS TO FOOD SAFETY



CLEAN

SEPARATE

COOK

CHILL

INTERNAL TEMPERATURE CHART

