



Clare Hegarty Nutrition
— HEALTH AND WELLNESS —

Sausage and Red Pepper Rigatoni

SERVES 4-6

3 tablespoons olive oil

1 large onion, finely chopped

2 garlic cloves, grated

6 sausages

2 small sweet peppers or 1 regular pepper

1 bay leaf

2 tins tomatoes

1 tin cannellini beans

2 tsp brown sugar

2 tsp balsamic vinegar

1 tsp oregano

3 Sundried tomatoes, finely chopped

Preheat oven to 180 C.

Heat oil in a pan and add onions and garlic and cook til soft.

Add 2 tins of tomatoes, salt & pepper, oregano, balsamic vinegar, and sugar and cook for 3 mins.

With hand blender, blend sauce for 1 min - leave it with some chunks of tomato.

Put sauce in oven proof dish and add sausages, beans, sundried tomato, red pepper and bay leaf. Gently stir.

Cook in oven for 40 mins.

Serve with rigatoni and parmesan cheese.