

Sausage Stew (serves 2)

This sausage stew makes a lovely autumnal dish when all the vegetables are in season. Of course it is tasty at any time of year and the vegetables can be replaced with others more widely available at different times of year. The barley adds thickening and texture to the dish. Try using some flavoured sausages available from your local butcher to add extra herbs or spices.

Ingredients

120g pearl barley	1 tablespoon of tomato puree
2 pork sausages	1 tablespoon heaped of wholegrain mustard
1 onion, chopped	1 teaspoon of paprika
1 carrot, chopped	2 cloves of crushed garlic
2 sticks of celery, chopped	1 bay leaf
90g Savoy cabbage, chopped	Pinch of ground black pepper
400ml of water	
400g tinned tomatoes	

Method

1. Brown the sausages in a large saucepan.
2. Add all the remaining ingredients except the cabbage and the mustard.
3. Cover and simmer for 20 minutes
4. Add the cabbage and mustard, cover and simmer for another 20 minutes or until the barley is tender.
5. Remove the bay leaf before serving.

Nutrition information

Per 100g	Energy 358kJ 85kcal	Fat 2.7g	Saturates 0.8g	CHO 11.1g	Sugars 2.4g	Protein 2.8g	Fibre 2.9g	Salt 0.32g
Per Serving 574g	Energy 2053kJ 490kcal	Fat 15.3g	Saturates 4.7g	CHO 63.5g	Sugars 13.8g	Protein 16.2g	Fibre 16.6g	Salt 1.80g

Oat/Barley content

60g

of barley per portion

