

SMOKED WELSH DRAGON SAUSAGE & WHITE BEAN STEW

Serves 4

Ingredients

8 [Welsh Dragon Sausages](#) (400g)
3 garlic cloves, finely sliced
2 celery sticks, finely sliced
2 red onions, finely sliced
3 tbsp [Fino Olive Oil](#)
pinch of chilli flakes/spring of rosemary/2 bay leaves/1
cinnamon stick
Small glass of [beer](#) or [white wine](#)
2 plum tomatoes
2 x 400g can of white beans, drained and rinsed
750ml chicken stock
250g Swiss chard or cavolo nero
Bulgar wheat or rice



Slice the skin of the [Smoked Welsh Dragon Sausages](#), remove the meat and roll into small meatball size portions.

Fry in [olive oil](#) for a few minutes, then reduce the heat and add the garlic, chilli, rosemary, bay & cinnamon.

Deglaze the pan with the [beer](#) or [wine](#) and crush in the tomatoes, the celery and onion and cook until nicely caramelised.

Add the beans and the stock and simmer for 20-30 minutes.

Separate the leaves from the stalks and fry the stalks from the Swiss chard or cavolo nero for a few minutes then add the leaves, turn off the heat and cover.

Serve with couscous or bulgar wheat.