



Smoked Paprika Sausage Hotpot

This warming hotpot is a great recipe for so many occasions; from a hearty lunch at school or community group to a dish for a Cook and Share celebration. It is flexible too – use our resource on spices to switch up the flavours.

Organisation and skill: ★★★ **Cost:** £££ **Equipment:** 

Community involvement: children under supervision, young adults, families, older people

Ingredients

- 450g sausages (any type, incl. vegetable-based)
- 1 tbsp rapeseed or olive oil
- 1 onion, peeled and sliced
- 2 carrots – scrubbed and very thinly sliced
- 450g potatoes – scrubbed and cut into 2cm cubes
- 2 tsp smoked paprika
- 1x 400g tin chopped tomatoes
- 150ml boiling water
- 1x 400g tin mixed beans – rinsed and drained
- pinch of salt and freshly ground pepper
- small bunch of flat-leaf parsley, finely chopped (optional)
- crème fraiche to serve (optional)

Equipment

- sharp knife
- chopping board
- large pan with lid
- fork
- spoons vegetable peeler
- sieve or colander measuring jug

Allergy aware:
This recipe contains sausages and crème fraiche.

How to make it

- 1 Heat the oil in the pan and fry the sausages for 10–12 minutes until browned, turning a few times for even browning. Take them out of the pan and set aside.
- 2 Add the onion to the pan and cook until softened. Add the carrots, potatoes, smoked paprika, chopped tomatoes, oregano and 150ml boiling water.
- 3 Bring to the boil, then return the sausages to the pan.
- 4 Season well.
- 5 Reduce the heat to a simmer, then cover and cook the hotpot for 30 minutes, stirring occasionally, until all the vegetables are tender.
- 6 Stir in the tinned beans, bring to the boil and simmer for another 10 minutes. Sprinkle with chopped flat-leaf parsley and extra smoked paprika.
- 7 Serve with a spoonful of crème fraiche.



 30 mins



Cooking and sharing together

Like this recipe? Check out the Slow Cooker Tips and Recipes for more ideas.

This recipe would be perfect to have ready for a forest school day or a community event.

Recipe hints and tips

- Make this in the slow cooker to save fuel.
- Carrots take the longest time to soften so cut them thinly.
- You could use canned carrots and potatoes for quicker cooking.
- Any sausages will work, but a spicy one is especially tasty in this recipe.
- Add other seasonal veg like courgettes or butternut squash.

Storage wise: This recipe will keep in a sealed container for 2–3 days.

Portion wise: serves 6 and can be served with jacket potatoes or sweet potato mash to make it go further.

Monday 30th October - Friday 24th November

fflgettogether.org/cookandshare |  [@SAfoodforlife](https://twitter.com/SAfoodforlife)

