

SAUSAGE & BEAN SOUP



Rosie's Preserving School
PRESERVING PRESERVING

EQUIPMENT LIST

- chopping board
- knife
- measuring jug
- wide mouth funnel
- small dish
- cloth
- head space gauge
- your chosen jars and seals
- frying pan

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

Rosie

INGREDIENTS

- sausagemeat, any kind 1.5kgs 3lbs OR
- sausages - veggie inc meatballs 1.5kgs 3lbs
- veggmight stock 2 ltrs 4 pints OR
- stock cube made up
- oil for frying

OPTIONAL - to complete making soup in the Workshop

- 1-2 jars of processed dried beans
- 1 tin tomatoes/passatta or 3-4 fresh
- mushrooms 130g 4-5 oz
- onions 2 medium
- garlic cloves 5
- dried marjoram or oregano 1 teaspoon
- sea salt & ground black pepper



METHOD

BEFORE THE WORKSHOP

Get your jars warmed, lids and seals organised

Prepare your stock mix

WORKSHOP

Add the required amount of water to your canner and put over a low heat

Take the sausagemeat and either make into round patties or into balls

Using the frying pan, add a small amount of oil if needed and quickly brown the patties/balls

Place into your jars as you go and pour over enough stock to cover the meat but still allow for the 3cms/1 inch headspace. **Remove air bubbles!**

Wipe the rims of the jars and the seals with vinegar and seal the jars

Place in the canner and add the remaining vinegar to the water

Close the canner and heat on high. Vent for 10 minutes

Apply the weight and bring the pressure to 10lbs psi

Process for 75mins for 500ml/1 pint jars and 90 mins for 1000ml/1 quart

TO MAKE THE SOUP

Use a large pan and add one tablespoon olive oil or similar. Chop the onion and garlic and cook on a low heat until translucent

Add the chopped mushrooms and cook briefly

Add the tomatoes, beans with their cooking liquid, your sausagemeat, herbs and seasoning

Heat through for around 10 minutes until piping hot then serve topped with grated cheese and/or toasted breadcrumbs for a Cheat's Cassoulet