

Recipe Name: Chicken Sausages, Baked Beans and Stir Fried Broccoli Recipe

Diet Type: Non-Vegetarian

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 2 Chicken sausage	1
• 1 teaspoon Butter	
• 250 grams Dry beans - (such as cannellini or soya beans)	
• 1 teaspoon Extra Virgin Olive Oil	
• 1 Onion - finely chopped	
• 1 clove Garlic - grated	
• 500 grams Tomatoes - pureed	
• 1 tablespoon Honey - or more to taste	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Dried oregano	
• 1/4 teaspoon Red Chilli powder - or cayenne pepper	
• Salt and Pepper -	
• 1 cup Broccoli - cut into small florets	
• 2 cloves Garlic - chopped	
• 1 teaspoon Dried Thyme Leaves	
• 1 teaspoon Dried oregano	
• Salt - to taste	
• Black pepper powder - for seasoning	

Preparation

- To begin making the Chicken Sausages, Baked Beans and Stir Fried Broccoli Recipe, we will first make the baked beans.
- Soak the beans overnight for about 8 hours in water.
- We also have to make the cooked tomato puree.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	37	30	24	6	10

