

# French Flageolet Cassoulet



DIETARY:  
Dairy Free, Nut Free

## MAKING THIS RECIPE

### Ingredients

- 150g Flageolet beans
- 2 slices smoked bacon, chopped
- 1 Bay leaf
- 225ml chicken or vegetable stock
- 1 medium onion, chopped
- 2 tablespoons olive oil
- 3 garlic cloves, crushed
- 6 ripe red tomatoes, chopped
- 1 tablespoon sun-dried tomato paste
- 1 teaspoon Quatre Epices
- Half a small head of green cabbage, chopped
- 225ml dry red wine
- Salt and pepper, to taste

### Method

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Prepare the flageolet beans (soak overnight if required) and put in a large pot.

Add the bacon, bay leaf, and put in enough stock to cover.

Bring to the boil, reduce heat to low, cover and simmer for up to 2 hours (or as long as it takes to cook beans without disintegrating them).

Meantime saute the onions & garlic in olive oil.

Add the tomatoes, half the sun-dried tomato paste, Quatre-Epices, cabbage and red wine to the pan, season as required and add a bit more stock if required.

Stir well, bring to the boil, cover, and simmer for an additional 20 minutes.

Taste and adjust seasonings, if needed, and stir in remaining tomato paste. Add a bit more stock if needed, or let simmer uncovered for a few more minutes if too watery.

Serve as an accompaniment to roast lamb or chops. If you have leftovers, your leftover lamb can be cubed and added to leftover cassoulet on day 2 for a one pot meal.

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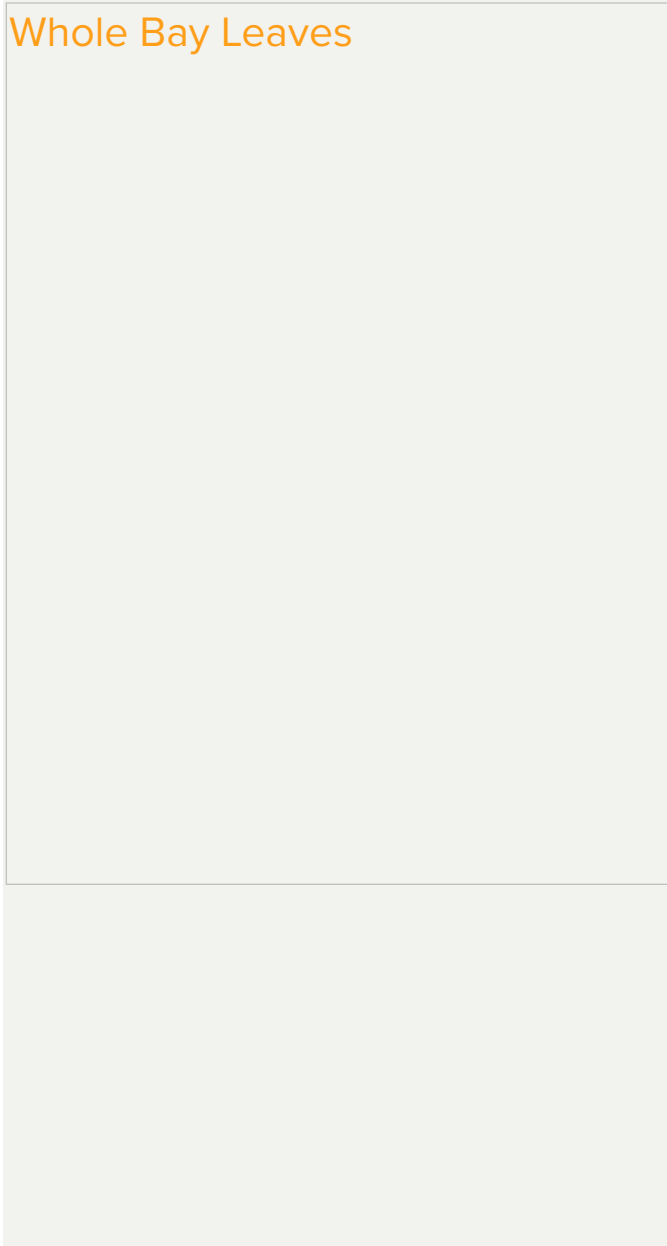
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## Buy the ingredients for this recipe

Whole Bay Leaves



Quatre-Epices Spice Mix

