



SLOW COOKER SAUSAGE CASSEROLE (1.8LT)

INGREDIENTS

1 teaspoon vegetable oil

4 reduced fat sausages

1 medium onion - peeled and chopped

1 pepper - deseeded and cut into 2cm chunks

100g mushrooms - quartered

1 can chopped tomatoes

2 teaspoons cornflour

1/2 vegetable **stock cube**

2 teaspoons tomato puree

1 teaspoon smoked paprika

1 teaspoon mixed herbs

1 teaspoon garlic granules (or 1 clove)

150ml water

EQUIPMENT

sharp knife, chopping board

1.8ltr (small) slow cooker, can opener,
measuring jug, small bowl, teaspoon

SERVES: 2-3

PREP TIME: 15 minutes

ALLERGENS: cereals containing gluten, celery,
mustard (in stock)

COOK TIME: 8 hours LOW

4 hours HIGH

METHOD

- 1 Heat the non-stick frying pan and carefully add the sausages. Cook on a medium to high heat for 2-3 minutes until browned on the outside, then transfer to the slow cooker.
- 2
- 3 Prepare the vegetables and add to the slow cooker with the tomatoes.
- 4 In a jug, mix the cornflour with 3 teaspoons of cold water until you make a smooth paste. Then add the stock cube, puree, paprika, herbs, garlic and water. Mix everything together and pour the liquid into the slow cooker.
- 5 Place the lid on the slow cooker and cook on LOW for 8 hours.
- 6 Once cooked, carefully mix everything together and serve with cheesy mashed potatoes.

HANDY HINTS!

- * Try not to remove the lid of the slow cooker too often, as this will increase the cooking time.
- * Any leftovers can be cooled and refrigerated for up to 2 days, or frozen for up to 1 month.
- * If you don't have a slow cooker, this recipe can be made on the hob. Just pop everything in the saucepan, add an extra 100ml water and cook for 45 minutes.



SLOW COOKER

SAUSAGE CASSEROLE (3LT)

INGREDIENTS

1 teaspoon vegetable oil

6 reduced fat sausages

1 large onion - peeled and chopped

2 peppers - deseeded and cut into 2cm chunks

200g mushrooms - quartered

1 can chopped tomatoes

3 teaspoons cornflour

1 vegetable **stock cube**

3 teaspoons tomato puree

2 teaspoons smoked paprika

1 teaspoon mixed herbs

2 teaspoons garlic granules (or 1 clove)

200ml water

EQUIPMENT

sharp knife, chopping board

3ltr (large) slow cooker, can opener,

measuring jug, small bowl, teaspoon

SERVES: 4-6

PREP TIME: 15 minutes

ALLERGENS: cereals containing gluten, celery,
mustard (in stock)

COOK TIME: 8 hours LOW

4 hours HIGH

METHOD

- 1 Heat the non-stick frying pan and carefully add the sausages. Cook on a medium to high heat for 2-3 minutes until browned on the outside, then transfer to the slow cooker.
- 3 Prepare the vegetables and add to the slow cooker with the tomatoes.
- 4 In a jug, mix the cornflour with 4 teaspoons of cold water until you make a smooth paste. Then add the stock cube, puree, paprika, herbs, garlic and water. Mix everything together and pour the liquid into the slow cooker.
- 5 Place the lid on the slow cooker and cook on LOW for 8 hours.
- 6 Once cooked, carefully mix everything together and serve with cheesy mashed potatoes.

HANDY HINTS!

- * Try not to remove the lid of the slow cooker too often, as this will increase the cooking time.
- * Any leftovers can be cooled and refrigerated for up to 2 days, or frozen for up to 1 month.
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