

# Slow Cooker Sausage Casserole

## INGREDIENTS (serves 4)

- 8 reduced fat sausages
- 2 medium onions – peeled and diced finely
- 2 peppers - deseeded and diced
- 200g mushrooms – quartered
- 2 cloves garlic – chopped finely
- 1 large can chopped tomatoes
- 3 teaspoons tomato puree
- 200ml water
- 2 heaped teaspoons smoked paprika
- ½ teaspoon chili powder or flakes (optional)
- 1 teaspoon mixed herbs
- 1 reduced salt stock cube
- black pepper
- 2 level teaspoons cornflour (mixed with 3tsp water)



## EQUIPMENT

- sharp knife, chopping board
- 3 litre slow cooker,
- wooden spoon, teaspoon,
- measuring jug, small bowl

## 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 AA PLATE .
2. Prepare the vegetables and place in the slow cooker, then add the tomatoes, puree, water, stock cube, paprika, chilli (if using), herbs and pepper.
3. In a small bowl, mix the cornflour and water to make a runny paste (this will help to thicken the sauce), then pour into the slow cooker and mix everything together. Finally place sausages on top of the sauce and put on the slow cooker lid.
4. Switch the slow cooker to HIGH and cook for 4 hours until the sauce has thickened and the chicken is cooked.
5. Serve the Sausages Casserole with mash potatoes or rice and some steamed vegetables.

## TOP TIPS!

- \* To save time, why not try using 200g each of frozen onions, peppers and mushrooms.
- \* When slow cooking, try not to lift the lid of the slow cooker too often, as this will increase the overall cooking time.
- \* This dish can be frozen – why not make a large batch, portion out and freeze for a later date!

## ALLERGY AWARENESS!

This recipe contains: Celery, Mustard, Soya, Cereals containing gluten

