



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

1 $\frac{1}{2}$ teaspoon smoked paprika

1 $\frac{1}{2}$ teaspoon chilli powder or cajun spice

1 teaspoon mixed herbs

1 $\frac{1}{2}$ teaspoon 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, spices, 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.

