

FoodWise TLC

Sausage Casserole

Serves 2

Ingredients

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3 x sausages

½ leek

1 small onion

1 or 2 cloves of garlic

1 stick celery

1 small courgette

1 small carrots

400g (large) tin chopped tomatoes or passata

Margarine/oil

Oregano or thyme , Salt and pepper, Lea and Perrins

200 g potatoes

Own choice of frozen veg



Peel and chop onion, leeks, celery, carrot and any other fresh veg and add it to the pan with garlic and dessert spoon of marg. Fry for 5 mins and then add sausages. Cook sausages for 5 – 10 mins, turning until browned all over, then remove sausages from pan and set them aside.

Add dessert spoon flour to pan and stir. Add chopped onion or passata, stirring until sauce thickens adding water if necessary.

Peel and slice potatoes and place them into a pan of boiling water – bring back to the boil and simmer for 2 -3 mins, then take of the heat and strain in colander.

While potatoes are cooking, slice the sausages (5 - 6 slices per sausage). Add the sausages and choice of frozen veg to sauce and cook for 10 minutes.

Lay enough potato slices into the dish to cover the bottom. Add the sausage casserole and cover with remaining potato slices.

Place into oven and cook gas 4 (180°C) for 20 – 30 minutes (or until potato slices start browning around the edges).