



DELICIOUS

SAUSAGE CASSEROLE

"Casserole" likely dates back to the Greek "kuathion," meaning "little cup." The word eventually morphed into the Medieval Latin "cattia" and settled on "cassole" or "casserole," the French diminutive of "casse"—essentially meaning "pan." By the eighteenth century, the English-speaking world used the word "casserole" to refer to a dish of cooked rice with a meaty filling baked in the oven.

INGREDIENTS

- Oil
 - 1 x onion (diced)
 - 1 x carrot (diced)
 - 2 x garlic cloves (chopped)
 - 1 can (400g) chopped tomatoes
 - 1 can (400g) baked beans
 - 1 can (400g) kidney beans
 - 6-8 sausages
 - 1 tsp smoked paprika (optional)
 - 100g sliced spring greens or spinach (optional)
 - 3-4 large potatoes
 - 100ml of milk
 - 15g butter
- Cost per portion: £1.18**

ALLERGENS

Milk



EQUIPMENT

- Knife
- Large pan
- Can opener
- Wooden spoon
- Potato masher or fork
- Chopping board

Serves: 4

STEP ONE: Wash your vegetables. Chop the carrots and onions into small cubes and the spring greens into ribbons. Finely chop the garlic and chop each of the sausages into 4 pieces.



STEP TWO: Add a splash of oil to the pan and let it heat up. Add the onions and carrots and gently fry for 5 mins until the onions look see through, stir them regularly. Add the garlic and fry for a further 2 minutes. Then add the sausages and fry for 5 minutes stirring regularly.



STEP THREE: Open and add the can of baked beans, kidney beans and chopped tomatoes. Add 1tsp of smoked paprika, season with salt and pepper and stir.



STEP FOUR: Leave to simmer for 20 minutes, stirring regularly (every 2 minutes to prevent it sticking).



STEP FIVE: To make the mash, peel and chop the potato into cubes about 2cm x 2cm.



STEP SIX: Put the potato into boiling water (you can boil in a kettle first or boil cold water in the pan)

for 10 minutes until the potatoes are soft. Drain the water from the pan.



STEP SEVEN: Add butter and milk to the pan and mash using a potato masher or a fork until smooth.

To make this recipe vegetarian substitute sausages for vegetarian sausages or remove the sausages and substitute for a can of beans (baked, kidney, chick pea etc).

To make this recipe allergen free substitute mash for a jacket potato or new potatoes.

To use up any left overs of sausage casserole you could make a jacket potato and put this over the top, eat with a slice of bread, on it's own or put in the freezer in a takeaway container or plastic bag for up to 30 days.