

Sausage casserole (8 portions)

For the casserole Act I

1 large casserole dish

8 sausages (i.e. 1 per portion; add more if desired)

2 onions

3-4 cloves garlic

3 trimmed leeks

3 medium-large carrots

1 tin peeled plum tomatoes

1 tin black-eye beans

1 tin butter or canellini beans

some paprika

some mixed herbs

pinch of cayenne pepper

2 tbsp grainy mustard

1 pot/cube beef stock

gravy granules

Cut the onions into chunks, chop the garlic, and slice the leeks. Peel the carrots & cut into whichever shapes most stir the soul. Drain and rinse the beans.

Put everything into the casserole dish and fill with enough hot water to cover everything – leave a 1-inch gap from the top of the pot.

Oven on Gas 5 for 2.5 hours (although a little longer doesn't hurt either).

Turn down to Gas 4 about half way through.

For the casserole Act II

1 courgette

1 pepper

1 papple

Chop the ingredients into chunks and add to the pot. Stir carefully.

Return to the oven (Gas 4) for a further 45min.

For half-size in slow cooker

Half the amount (4 sausages, and possibly a cut-down selection of veg) can be cooked in about 3 hours on high in a small slow cooker.

For reheating

Best reheated in a pot. Add more water if you want a bit more sauce.