

Sausage casserole (8 portions; 3 hours)

Replace the sausages with an extra tin of beans and/or veggies to make this vegetarian.
For gluten-free, check the sausages, stock, and gravy granules.

For the casserole Act I (about 45 min prep)

1 large casserole dish – note this gets very heavy once full.

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

2 onions

3-4 cloves garlic

1 large trimmed leek (~250g)

3 medium-large carrots

1 tin peeled plum tomatoes

1 tin black-eye beans

1 tin butter or cannellini beans

3 rounded tsp smoked paprika

3 rounded tsp mixed herbs

pinch of cayenne pepper

2-3 tbsp grainy mustard

2 pots/cubes beef stock

4 tbsp gravy granules

Cut the onions into chunks, chop the garlic, and slice the leeks. Scrub the carrots & cut into whichever shapes most stir the soul. Drain and rinse the beans. Preheat the oven to 180 degrees.

Put everything into the casserole dish (including herbs, spices, and stocks) and fill with enough hot water to cover everything – leave a 3cm gap from the water level to the top of the pot.

Oven for 2 hours, stir about half way through.

For the casserole Act II

1 courgette

1 papale

Chop the ingredients into chunks and add to the pot. Top up water if needed. Stir carefully. Return to the oven for a further 45min.

For half-size in slow cooker

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