

Sausage casserole (8 portions; 4 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

3 trimmed leeks

3 medium-large carrots

1 tin peeled plum tomatoes

1 tin black-eye beans

1 tin butter or cannellini beans

1 heaped tsp smoked paprika

2 rounded tsp mixed herbs

pinch of cayenne pepper

2 tbsp grainy mustard

1 pot/cube beef stock

3-4 tbsp 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. Preheat the oven to Gas 5.

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 on Gas 5 for 2½ hours (although a little longer doesn't hurt either).

Stir and turn down to Gas 4 about half way through.

For the casserole Act II

1 courgette

1 pepper

1 papale

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.