



This Weeks

Recipe

On a budget

Sausage Casserole

INGREDIENTS

(Serves 4)

1 tbsp sunflower oil
1 onion, chopped
6 basics sausages
400g tin baked beans
400g tin chopped tomatoes
142g double concentrate tomato puree
220ml Stock

INSTRUCTIONS

- Heat the oil in a large saute pan and add the onion.
- Add the sausages and cook on a medium heat for 8-10 minutes, until they start to brown.
- Thoroughly rinse the beans and pour over, then add the tomatoes, puree and booze.
- Add the herbs and crumble in the stock cube, and stir well to combine.
- Turn the heat up high to bring to the boil for five minutes, then reduce to a medium simmer for a further 15, or until the sausages are cooked through.

This is one of those dishes that improves if left in the fridge or freezer for the flavours to develop.