



Sausage Casserole

Serves 2

- 4 sausages
 - vegetable oil
 - 1 medium onion
 - 1 small courgette
 - 1 pepper
 - 4 mushrooms
 - 1 tin (400g) chopped tomatoes
 - ½ tsp. mixed herbs
 - 1 stock cube
 - 1 tin of beans of your choice eg haricot, butter, borlotti
 - Pepper to taste
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1. Grill the sausages lightly (they will be cooked again later).
 2. Put the sausages on a plate for later.
 3. Slice the onion, courgette, pepper and mushrooms.
 4. Heat the oil in a saucepan. Add the onions and fry gently for 5 minutes.
 5. Add the courgette, pepper and mushrooms and fry for a further 3 minutes.
 6. Add the tomatoes, herbs and stock cube.
 7. Chop the sausages into slices and add to the pan.
 8. Add the tin of beans and their liquid.
 9. Leave to simmer gently for 10 – 15 minutes, adding a little water if it seems a bit dry.
 10. Taste and add more seasoning if required.

Serve with vegetables.