

Recipe Card

Produced in collaboration with the Community Food Co-ordinator in NE Lincolnshire.
Tel **07736 939171**. www.sectorsupportnel.org.uk

Sector Support
North East Lincolnshire
Partnership

Slow Cooker Sausage Casserole

Ingredients

- 2 red onions , finely chopped
- 1 celery stick , finely chopped
- 1-2 tbsp oil
- 4 carrots , cut into fat pieces
- 8 sausages
- 1 sweet potato , peeled and cut into chunks
- 400g tin tomatoes
- 1 tbsp tomato purée
- 1 thyme sprig (optional)
- 1 rosemary sprig (optional)
- 1 beef stock cube

Method

- 1) Fry the onion and celery in the oil over a low heat until it starts to soften and cook, pop into the slow cooker. Fry the carrots briefly and add them too.
 - 2) Brown the sausages all over in the same frying pan, transfer to the slow cooker and add the sweet potato and tomatoes.
 - 3) Put the purée in the frying pan and add 250ml boiling water, Give a quick stir and pour into the slow cooker. Add the herbs, stock cube and some pepper.
- Cook on high for 4 hrs or on low for 8 hrs, then serve.

