



Hearty sausage casserole

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This dish is great on the purse strings, and really easy to prepare.

Ingredients:

1 tsp oil	2 cups leek, cabbage or silver beet chopped and rinsed
1 onion, chopped	2 cans whole peeled tomatoes
2 garlic cloves, minced	1 tsp basil, thyme or marjoram
2 celery sticks, chopped	1 cup water
600g pre-cooked sausages	2 tsp beef stock (powder)
2 carrots, sliced	1 tsp cornflour
3 apples, peeled and diced	
2 cups broccoli florets	

Directions:

Preheat the oven at 200°C.

Slice the sausages widthways into 2cm thick chunks. Heat the oil in the frying pan and brown the onions, garlic and sausages in the frying pan.

Mix the water, beef stock and cornflour together.

Place the remaining ingredients in the oven dish, pour the stock mixture over and toss to mix.

Cover with tin foil and place in the oven. Allow to bake for 40 minutes, or until the vegetables are soft.

Serve hot with mashed potato.

Cook's tip:

This is a great way to use up any fruit and vegetables in the fridge.

Note:

The World Cancer Research Fund recommends avoiding meat preserved by smoking, curing or salting, or the addition of chemical preservatives (processed meat).