

Dinner

RECIPE CARD

Sausage Casserole (serves 4)

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

35 minutes

TIME TO COOK

This is a great meal to have the next day for lunch! Make sure to use an airtight container for storing leftovers.

Remember to remove the bay leaves before eating!

NOTES

Approx 321kcal
per serving

CALORIES

INGREDIENTS

- 8 low-fat sausages (*can chop or leave them whole*)
- 1 large onion, diced
- 2 diced peppers - *any colour*
- 4 carrots, peeled and chopped
- 2 x 400g tins of chopped tomatoes
- 3 tbsp tomato purée
- 250ml of stock (*chicken or veg*)
- 2 crushed garlic cloves
- 1tsp dried oregano
- 1tsp dried thyme
- 1 x 400g tin of butter beans or any pulses of your choice.
- 1 stock pot (*beef, chicken or veg*)
- 1tbsp Worcestershire sauce
- 2 bay leaves

METHOD

- ☆☆☆ Cook off the sausages in a frying pan, using low-calorie cooking spray over a medium heat until lightly brown.
- ☆☆☆ In a big pan, fry the onions, peppers, carrots and garlic until they start to go soft.
- ☆☆☆ To this, add the stock, chopped tomatoes, purée and butter beans (*drained*)
- ☆☆☆ Add the spices, bay leaves and the Worcestershire sauce.
- ☆☆☆ Bring to the boil and let simmer with a lid on for 20 minutes or until vegetables are soft and sausages are cooked through.
- ☆☆☆ Remember to remove the bay leaves before consumption.
- ☆☆☆ Salt and pepper to taste