



POTATO, CARROT & ONION CASSEROLE

Serves 4

Ingredients:

- 25gm low fat spread
- 15ml vegetable oil
- 1 tbsp brown sugar
- 225gm carrots, thickly sliced
- 225gm onions
- 450gm potatoes, scrubbed
- 100gm mushrooms
- 1 tbsp plain flour
- 300ml vegetable stock
- 2 tsp tomato puree
- 1 bay leaf

Pepper to taste and Parsley to garnish

Method:

1. Heat the spread and oil together in a large frying pan.
2. Add the carrots, onions, potatoes and sugar.
3. Cook, stirring over a high heat for 5 minutes until vegetables are brown
4. Add mushrooms and cook for a further minute.
5. Stir in the flour, scraping any sediment from the bottom of the pan, then add stock, tomato puree, bay leaf and pepper to taste
6. Transfer to a casserole dish then bake in the oven at 160/gas mark 3 for about an hour until the vegetables are tender, adding more liquid if required
7. Remove the bay leaf, garnish with parsley and serve

