



Slow Cooker Sausage and Bean Casserole

Serves 4

Ingredients:

- 1tbsp vegetable oil
- 8 pork sausages
- 1 onion, peeled and chopped
- 2 cloves garlic, peeled and chopped/grated
- 2 carrots, peeled and chopped
- 1 tin tomatoes
- 1 tin white beans
- 1 stock cube in 350ml water
- 3tbsp tomato puree
- 2tsp paprika/ 1tsp mixed herbs/pinch of sugar (optional)

Method:

1. Heat oil and add sausages
2. Cook carefully for 1-2 minutes to brown and seal skin.
3. Cook for 1-2 minutes
4. Place into slow cooker with all other ingredients
5. Place lid on top and cook on slow setting for 6-8 hours.

If you are using vegetarian sausages reduce cooking time to four hours

