

SAUSAGE CASSEROLE



DAIRY WOMEN'S
NETWORK

success through inspiration

Cook Time:

6-8 hours on Low in Slow Cooker

Ingredients

500-750g sausages

2 med onions

2 large green apples or can of sliced apples

2 Tbsp oil

2 tsp curry powder

1 or 2 cans of baked bean or chilli beans or both

1x 400g can crushed tomatoes

2-3 young sage leaves

1-2 Tbsp brown sugar (optional)
chopped parsley

Method

1. Coat the slow cooker with non-stick spray and place sausages inside.
2. In a fry pan, cook the sliced the onions and unpeeled sliced apples with the oil and curry powder until nicely coloured.
3. Turn off the heat and add the beans, tomatoes, sage leaves and brown sugar (if using).
4. Pour everything from the fry pan over the sausages in the slow cooker.
5. Put the lid on and cook on low for 6-8 hours.
6. Serve with sprinkled parsley as is or add crusty bread or toast if desired.

