



Slow cooker sausage casserole



Serves	Prep Time	Cooking	Total Time	Calories
4 people				273 kcal

Stuff that's in it:

- 8 Low Fat Sausages
- 2 Tsp Olive/Rapeseed Oil
- 150G Carrot (Sliced)
- 100G Mushroom (Sliced)
- 3 Tsp Fresh Thyme (Finely Chopped)
- 1 Tbsp Fresh Rosemary (Finely Chopped)
- 190G Onion (Peeled And Chopped Roughly)
 - 1 Can Tinned Tomatoes
 - 2 Tsp Worcester Sauce
 - 1 Tbsp Light Brown Sugar
 - 1 Tbsp Tomato Purée
 - 1 Tsp Chilli Powder (Mild)
- 1 Really Rich Beef Stock Cube (Mixed In 400ml Boiling Water)

What you do:

Squirt a little oil in a fry pan and brown the sausages all over until they have a really nice dark golden colour all over.

Remove.

Add another squirt of oil. Add the carrots, onion and mushroom , gently fry for a few minutes. Then add the herbs, 2 tsp Worcester sauce, 1tsp mild chilli powder and 1tbsp brown sugar, mix well then add to the slow cooker. Add the sausages, 400ml beef stock, 1 can of tomatoes and the tomato purée, stir well then cover and cook for 8 hours on low.

Nutrition

- Carbs: 27g
- Fat: 6g
- Protein: 25g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com