

# Family Cookery Club

## Sausage Casserole



Serves 5 adults

### Ingredients

Pack of 8 sausages  
1 onion  
2 teaspoons vegetable oil  
2 peppers (any colour)  
Tin of baked beans  
Tin of chopped tomatoes  
1 rounded teaspoon oregano or  
mixed herbs  
1 vegetable stock cube



### Method

1. Cook the sausages until fully cooked through (on the hob, under the grill or in the oven).
2. Meanwhile, chop the onion and fry in the oil for 5 minutes.
3. Chop the pepper into small pieces. Add to the onion and continue frying for another 5 minutes.
4. Add the baked beans and chopped tomatoes to the vegetables.
5. Crumble the stock cube and add to the mixture, together with the herbs.
6. Cut each sausage into 4-5 pieces and add to the vegetable mixture.
7. Simmer together or place in a medium oven for a further 10 minutes.

### Notes

Goes well with mash or pasta. Can be frozen for up to 3 months.