



Sausage Casserole



Ingredients

4 pork sausages
100g (4oz) mushrooms, quartered
500g (1lb) potatoes, peeled and cut into large chunks
1x10ml spoon (1 dessertspoon) oil
2x5ml spoon (2 teaspoons) paprika
600ml (1 pint) stock (water and stock cube)
500g jar tomato based cooking sauce or chopped tomatoes

2x15ml spoon (2 Tablespoons) parsley, chopped
1 x 15ml spoon (1 Tablespoon) plain low fat yogurt

Equipment

Large saucepan, measuring spoons, chopping board and knife.

Method

1. Fry the mushrooms in the oil in a large saucepan for 2-3 minutes.
2. Sprinkle the paprika over the mushrooms.
3. Add the potatoes, stock and jar of tomato sauce.
4. Stir, cover with a lid and simmer for 20 minutes.
5. While the sauce is cooking, grill the sausages until cooked. Cut into chunks.
6. Add the sausages to the sauce and cook for a further 5 minutes.
7. Stir in the chopped parsley, add a swirl of yogurt and serve.

Options

Use vegetarian sausages and stock. Instead of sausages, use 400g of cooked chickpeas, soya pieces or Quorn.

Nutrition Information

Sausage Casserole	per 100g	per recipe	per portion ($\frac{1}{4}$ recipe)
Energy (kJ)	278	5184	1296
Energy (kcal)	66	1239	310
Protein (g)	2.1	38.8	9.7
Fat (g)	3.4	62.7	15.7
of which saturates (g)	1.0	19.2	4.8
Carbohydrate (g)	7.7	143.4	35.9
of which sugars (g)	1.5	28.8	7.2
Fibre (g)	0.9	15.9	4.0
Sodium (mg)	195	3633	908
Salt (g)	0.5	9.1	2.3

Notes

Key Messages

Healthy eating

- Reduced fat pork sausages have less fat than ordinary pork sausages. Use these to reduce the fat content of the recipe.

Money

- There are lots of different tomato based cooking sauces available. Compare prices before you choose and look for ones on special offer.

Food safety

- Always make sure you wash your hands after handling raw meat products.