



## Slow cooker sausage casserole



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>273 kcal</b>

### 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

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