

Slow cooked sausage and onion casserole

Ingredients

- 1 tbsp olive oil
- 8 sausages
- 3 onions sliced
- 2 tbsp plain flour
- 500ml beef stock (or chicken)
- 3 tbsp chutney (or pickle - any type)
- 1 tbsp Worcestershire sauce
- 1 tsp black pepper



Method

- Set the slow cooker to HIGH
- Meanwhile, heat the oil in a frying pan, add the sausages and quickly brown on all sides, then transfer to the slow cooker
- Add the onions to the frying pan and cook, stirring occasionally, until soft but not brown - stir in the flour and cook gently for 1-2 minutes
- Make sure you scrape all the flour from the bottom of the pan
- Remove from the heat and gradually stir in the stock - bring to the boil, stirring continuously, until thickened
- Stir in the chutney, Worcestershire sauce and pepper
- Transfer to the slow cooker
- Turn the slow cooker down to LOW, put the lid on and cook on LOW for 5-8 hours
- Serve with vegetables and mash