



We used dried beans as we have loads in our cupboards. But tinned Beans of any variety will work just as well and also cut down the cooking time. If you use tinned Beans remember to drain them as the Casserole will be very salty otherwise.

Ingredients:-

- 4 Smoked Sausages (This we?re £1.49 from Home Bargains. You can get cheaper but we have to avoid Gluten for health reasons.) Roughly chopped
- 1 Onion, peeled and roughly chopped
- 2 Carrots, roughly chopped
- 2 Parsnips, peeled and roughly chopped
- 1 Stock Pot / Stock Cub. We used Beef, but it?s up to you.
- 1 Tin of Chopped Tomatoes
- 2 Tins of Beans of your choosing or 400g of dried beans soaked overnight
- 2 Cloves of Garlic, roughly chopped.
- 400g (half a small pack) of Baby Potatoes, halved
- Mixed Herbs and a Bay Leave ? Optional
- Salt & Pepper to season
- 2 Tsp of Cornflour to thicken

Method:-

- (1) Bung everything apart from the Potatoes and Cornflour in the Slow Cooker.
- (2) Add enough water to cover everything, pop the lid on and power up at High of 4 hours.
- (3) You might like to stir everything gently after a couple of hours.
- (4) Add the Potatoes after 4 hours and stir in.

- (5) Continue to cook for a further 45 minutes.
- (6) Mix the Cornflour with a little water and stir in well.
- (7) Cover and cook for a further 15 minutes.

We garnished ours with a bit of Parsley we grow on the balcony. Just to add a bit of colour.

The ingredients cost us almost exactly £4 and we ended up with 4 hearty servings. 2 we demolished last night, the remaining portions have been boxed and are in the freezer. So a pretty hearty and healthy meal for £1 plus a little cooking energy. Not bad going?...