



LIAM HOWELLS
PERFORMANCE NUTRITION

Slow Cooker Sausage Casserole



Calories: 468



Carbs: 60



Protein: 22



Fat: 12

SERVINGS: 6

PREPTIME: 10 MIN

COOKING TIME: 5 HR

Ingredients

- 600 grams chicken sausages
- 2 onions diced
- 2 peppers any colour - diced
- 5 medium carrots peeled and sliced into thick chunks
- 600 grams small potatoes peeled and cut into big chunks
- 2 400g tins chopped tomatoes
- 3 tbsp tomato puree
- 250 ml chicken stock made up with 1 stock cube
- 2 cloves garlic crushed
- ½ tsp dried oregano
- 1 tsp dried thyme
- 1 handful fresh parsley chopped
- 1 400g tin butter beans drained
- 1 beef stock pot
- 1 tbsp Worcestershire sauce

Directions

- Put all the ingredients except the sausages, butter beans and stock pot into the slow cooker. Stir well.
- Add the sausages and give another quick stir.
- Cook on High for 5 hours, or Low to Medium for 6-8 hours.
- Check to make sure all the veg is cooked through. Stir in the butter beans and stock pot. Check the seasoning and add some salt and freshly ground black pepper if needed.
- Allow to cook for another 20-30 minutes to heat up the butter beans, then serve